A RICH CLOSET OF PHYSICAL SECRETS,

Collected by the Elaborate paines of four severall Students in Physick, And digested together;

Viz.

The Child-bearers Cabinet.

A Preservative against the Plague and small Pox.

Physicall Experiments presented to our late Queen Elizabeths *own hands.*

WITH

Certain approved Medicines, taken out of a Manuscript, found at the dissolution of one of the English Abbies, and supplied with some of his own Experiments, by a late English Doctor.

LONDON.

Printed by *Gertrude Dawson*, and are to be sold by

To the Reader.

Freindly Reader.

Onsidering the many sad inconveniences which happen unto Child-bearing women, in their severall moneths of bearing, and knowing my self to have come by that passage into this world, I thought it the duty of a Christian, to discover the helps and remedies that might be afforded them, both to secure their issue from abortment, and to enable them to goe thorough their whole time, and to facilitate their birth, without danger of themselves or their issue; as also to set down their government or their Nurses after delivery, hoping I should doe an acceptable service, to engage posterity, in this task; as also to set down Preservatives against the Plague and small Pox, with certaine experimented Remedies fit for that purpose: and having, just as my last sheets of these two books were passing the Presse, certain other Collections communicated to me, concerning some other approved Secrets, as namely, the Experiments of a great Navigator of this Nation, presented to our late Queen *Elizabeth* own hands; with other cheif selected Collections by a late Doctor of Physick of this Nation; I was unwilling to suffer two such peices of very good concernment, to perish in obscurity under my hands; hoping, as they were carefully collected, and faithfully presented, they shall receive gratefull acceptance, from your freind

A. M.

To the Reader.

Courteous Reader,

IVst as the Child-bearers Cabinet, and the other Book of the cure of the Plague and Pox, were the last sheet on the Prss, a freind of mine, knowing of the impression, communicated to me two other physicall peices, one of them collected by a great Navigatour, of his own Experiments, and presented with his own hands to our late Queen Elizabeth; the other being a Phisitians Collections, drawn with his own hands from an antient Manuscript found in an Abby at their dissolution, with some of his own Observations and Experiments annexed thereto; and being perswaded by him that gave them me, that it would be great pitty, papers of such use and consequence should perish in the times present, which had been so carefully formerly preserved unto posterity: I thought good, for the publike benefit of my Country, to publish them with the two former Treatises, who were delivered me with good approbation from an able hand, hoping what was lovinglie presented by me, shall be as kindlie accepted by you, from your freind

A. M.

The Printer to the Reader.

THese two Treatises being freely bestowed on me by a worthy Freind, knowing they may prove of very good use in these crazie times; I thought good to publish them for the publick good, being assured by my Freind, that the Medicines are good and safe, and pen'd by juditious hands.

A. M.

The Contents of the ſeverall Chapters of the inſuing Treatiſe.

CHAP. I.

WHat things are to be taken heed of in the firſt Moneths.

CHAP. II.

What is fit to be obſerved in the third Moneth.

CHAP. III.

What to be obſerved from the fourth Moneth.

CHAP. IV.

What to be obſerved from the fifth, ſixth, and ſeventh Moneth.

CHAP. V.

What is to be obſerved in the eighth Moneth.

CHAP. VI.

What is to be obſerved in the ninth Moneth, wherein what Ointments, Foments, bath, ſuffumigation, diet, convexiency of place to be brought in bed is neceſſary.

CHAP. VII.

Sheweth what is to be done near the birth, and alſo how, and wherewith, the child-bed womans bed is to be furniſhed.

CHAP. VIII.

Sheweth to whom the ſeat [illegible]ver.

CHAP.

The Contents of the Chapters.

CHAP. IX.

What the Midwife ought to doe in the very moment of the womans labour.

CHAP. X.

What is to be done when the Infant is come into the world.

CHAP. XI.

What is to be done if the Seconds break not readily, and what alſo after the Child is born, if yet the Secundines be retained, with Remedies approved for extracting them.

CHAP. XII.

Sheweth the way of eduction of a dead Child.

CHAP. XIII.

Sheweth, if the child-bearing woman be coſtive, how ſhe may be made ſoluble.

CHAP. XIV

What things are to be applied to the naturall parts when the Child is born, Fomentations, Ointment, Girdle for the belly.

CHAP. XV.

What is to be done from the ſeventh, eighth, and ninth day of the womans being brought to bed; under which is expreſſed an Ointment to diſſipate Milk; as alſo when, and what Bath is to be uſed.

CHAP. XVI.

Sheweth, how to help the wringings and gripings of the belly in child-bed women, by outward, and inward Meanes, and Drinks.

CHAP. XVII.

Sheweth the government of the Nurſe, and Cure of the Infant.

CHAP.

The Contents of the Chapters.

CHAP. XVIII.

Sheweth how to make a Bath for Children, by which meanes they may grow and increase.

CHAP. XIX.

Treateth of the diseases of Infants; together with the diseases and symptomes proceeding from the birth in women with child; as also against the gripings of the belly from the birth.

CHAP. XX.

Treateth of the Rupture of the Genitals and Cods, which cometh from the difficulty of bringing forth.

CHAP. XXI.

Treateth how to ease the wind of the belly.

CHAP. XXII.

Treateth of Remedies against Itch in their parts.

CHAP. XXIII.

Sheweth how to help immoderate Fluxes of blood.

CHAP. XXIV.

Sheweth how to help the falling down of the Womb, from or upon the birth.

CHAP. XXV.

Treateth to remedy the piles after their birth.

CHAP. XXVI.

Treateth of pain of the breasts gottenby the Milk.

CHAP. XXVII.

Treateth how to cure Impostumes in the breasts.

CHAP.

The Contents of the Chapters.

CHAP. XXVIII.

In the additionall Observations.

WHat is to be administred to the Child after it is born for the first thing it taketh.

CHAP. XXIX.

Sheweth what is to be done for Infants troubled with wind and flegm.

CHAP. XXX.

Sheweth how children may teeth easily.

CHAP. XXXI.

Teacheth how to cure Agues in Children.

CHAP. XXXII.

To help Worms in Children.

CHAP. XXXIII.

To kill heart-Wormes in Children.

CHAP. XXXIV.

To cause a young Child to goe to stool.

Certa probata tibi medicamina profero luci,
Si non pauca placent, addito plura bona.

A SHORT COMMENTARIE.

Concerning the Care ought to be had of Women which are with child, such as are ready to bring forth, such as are brought to bed, and also of Infants.

Since many sad and incommodious things are wont to happen to women with child, and in bringing them into the world by ignorance and careleßneſſe: I thought I ſhould undertake a thing not unbeſeeming a Chriſtian Phyſitian, if I ſhould reduce, as it were, into a breif Comment, what things were fit to obſerve, as well in their time of bearing, as alſo in the birth, from which, being ſomewhat more inſtructed, they might better enjoy their health, preſerve their off-ſpring, and after birth better defend their bodies.

Chap. I.

What things are to be taken heed of in the two first Monethes.

SO ſoon as the woman ſhall begin to be with child, which ſhe ſhall eaſily know, by ſtopping of her monethly flux, without

without diſeaſe, or antientneſſe of yeares; ſhe ſhall abſtain from all vehement motions and exerciſe, whether ſhe walk on foot, or ride on horſeback, or in a Coach, or be carried in a Horſe-litter; For where the body is too much ſtirred, the internall membrane of the Womb is either accuſtomed to be broken, or to be looſly reſolved, and thereupon abortment preſently followeth.

To theſe things the woman with child muſt diligently beware, that ſhe lift not her armes up too high, nor carry great burthens, nor repoſe her ſelf on hard and uneaſie ſeats: But inſtead of exerciſe, which may alwayes in ſome precede before meat, ſhe may walk on foot gently, or ſuffer her body and armes gently to be rubbed and ſtroked, or may ſtretch them forth with ſpinning or carding.

Let her moderately uſe meat of good juyce and eaſie concoction, and Wine not too ſtrong and too ſharp, but a little mingled with water, or if ſhe be abſtemious, ſhe may uſe water wherein Cinnamon is boyled: But ſhe may not feed on ſweet meats, ſharp, and windy; ſhe muſt alſo avoid faſting, thirſt, watching, mourning, ſadneſſe, anger, and all other perturbations of the mind.

Her familiar freinds muſt preſent no unwholſome thing to her, nor ſo much as name it, leaſt ſhe ſhould deſire it, and not be able to get it, and ſo miniſter her an occaſion of abortment, or the Child carry with it ſome foule impreſſions. But if ſhe deſire chalk, clay, or coales, let beanes boyled with ſugar be given unto her: or if ſhe cannot get her longing, let her preſently drink a large draught of pure cold water.

Chap. II.

Order for the third Moneth.

Before the fourth moneth be ended, ſhe muſt neither be let bloud, nor have her body evacuated with any purgative medicine.

But if too much bloud abound, or ſome incident diſeaſe happen

happen, which may require evacuation, you shall use cupping-glasses with scarification, and a little may be drawn from the shoulders and arme, especially if she have been formerly accustomed to them.

CHAP. III.

Of the fourth Moneth.

WHen now the fourth moneth is past, bloud-letting and physick is permitted, especially if it be gentle, and milde, such as best may agree with women with child, and tender or delicate persons: And by *Hyppocrates* precept may be conceded even untill the seventh moneth.

CHAP. IIII.

From the fifth, sixth, and seventh Moneth.

FRom that time forward none of the before mentioned remedies is wont, or ought from thence to be used, because the Babe being now become greater, standeth in need of greater nourishment and bloud, and also can bear no commotion of physick.

Although sometimes I have met with women, which have so much abounded with bloud, that unlesse they had been let bloud in the second moneth, they would have abotted in the third; others again, unlesse they should attempt the same in the seventh or eight moneth, they could not carry their great belly so long, or else would be delivered of a dead issue.

But since these things happen but to few, they may not be granted to all, but we must provide for every one according to their nature and constitution.

And this is to be prohibited to all which are with child, that they give not way to take any bloud from the ancle bone of the foot, during the whole time of the womans going, but in stead thereof, if the disease so require, an ounce of *Manna* in the broth of a Cock, or so much *Cassiafistula*,

or of Sirrups made of Damask-roſes infuſed in *May* dew, about the quantity of an ounce, with a little water of Cinnamon, may ſafely be taken a little before meat.

But if the belly be bound onely without any apparent diſeaſe, the broth of a Chicken, or of Veal ſodden, with Oil, or with the decoction of Mallowes, or marſh-Mallowes, Mercury, and Linſeed, put up in a gliſter by the lower parts will not be amiſſe, yet in a leſſer meaſure then is wont to be given in other Children, to wit, of the decoction five ounces, of common Oil three ounces, of Sugar two ounces, of *Caſſia fiſtula* one ounce. But ſharper Purgations, as alſo Suppoſitories made of Honey and Salt, are altogether hurtfull to great bellyed women, or ſuch as lie in childbed. But of fat Pork, which they call Lard, or the yolks of Eggs without ſalt, Purgations and Glyſters are commended. But if ſhe will not take a Glyſter, either for modeſty or otherwiſe, becauſe ſhe was not accuſtomed to take it, one or two yolks of new laid Eggs, or a few Peaſe pottage warm, with a little ſalt and ſugar, ſupped up a little before meat, will be very convenient.

But if the belly ſhall be ſometimes diſtended and ſtretched out with wind, a little Fennelſeed and Anniſeeds reduced into powder, and mingled with Honey or with Sugar, made after the manner of an Electuary will doe very well.

But if the thighs and feet ſwell, let them be annointed with *Oxyhrodinum* (which is a liquid Medicine made with Vinegar and Roſe-water) mingled with a little Salt.

Chap. V.

The eighth Moneth

IN the eighth moneth, which is uſually perillous, the better diets, rather than plentieſt, will be moſt commodious. But as they muſt abate their diet, ſo their bodily exerciſe muſt increaſe. And becauſe then women with child, by reaſon of the ſharp humours alter the belly, are accuſtomed to weaken both their ſpirits and ſtrength; they may well take

before

before meat an Electuary of *Diarrhodon*, or *Aromaticum Rosatum*, or *Diamargariton*, in the morning before meat, and sometimes they may lick a little Honey; even as they which loath and nauseate their meat, may take green Ginger condited with Sugar, or the rindes of Citrons and Oranges condited; as also it is usuall sometimes to take specificall Sirrups. Moreover, let the woman with child often use Honey for the strengthning of the Infant. When she is not farre from her labour, or bringing forth, she shall eat daily seven tosted Figs before meat, least the seconds may be bound up; but if they shall be restrained and stay firme, they may be resolved: But the woman with child may not eat salt and powdered meats, least the child be born without nails.

CHAP. VI.

In the ninth Moneth.

IN the ninth moneth, being near their time, they must not be idle, neither sit much, nor stoop much, nor lie on their sides, so that the child may not well turn it self, but ought to lie with her face upward, neither shall she bend her self much, lest the child be infolded and wrapped up in the umbilical ligaments and bonds, by which meanes it oftentimes perisheth; but she must walk, and stirre often, and exercise her self, rather by going upward than downward: Let her use light and easie meats of digestion, as damask-Prunes with Sugar, or Figs and Raisins, before meat, and also the yolks of Eggs, flesh and broth of Chicken, Birds, Patridges and Pheasants, and Fish living in stony places, with good broth.

And such meats shall not onely be convenient for this moneth, but also for the two succeeding moneths, that the natural parts by them may be dilated.

Also astringent meats, and roasted meats, and also Rise, hard Eggs, Millet, and others of that kind will be very profitable. Baths of sweet water, with emollient hearbs, used with intermission is meet: But the hot house, which they call a stow, is hurtful. After the bath, let the belly be annointed with

with oyle of Roſes and Violets; but the natural parts with the fat of Hens, Geeſe, Ducks, with oyle of Lillies, and the decoction of Linſeed and Fænugreek, boyled with oyl of Linſeed, marſh-Mallows, grains of Quinces, or withthis which followeth.

A Liniment.

Take of Mallowes, } both of them cut and ſliced of each
Of marſh-Mallowes, } one ounce.

Of Linſeed alſo one ounce. Let them be boiled from twenty ounces of water to ten; let them take three ounces of the boiled broth, of oyle of Flour-deluce, and of Almonds, of each one ounce, three ounces of Deer ſuet; Bath this from the reſt, and annoint her with it warm.

Alſo they may uſe, for fourteen dayes before the birth morning and evening, to bath and moiſten the belly with Muſcadine and Lavender-water, that the child may be the more ſtrengthened thereby.

She may every day eat toaſted bread, that nothing may grow to the childe.

The naturall parts may alſo be gently ſtroaked down with this Fomentation.

The Fomentation.

Take three ounces of Linſeed.

Of Mallowes, and of marſh-Mallowes ſliced, of each M. i.

Let them be put in a bag and boiled moderately: Let the woman with child, every morning and evening, take the vapour of this decoction in a hollow ſtoole, taking great heed, that no wind or air come to her in any part; and then let her wipe the parts ſo annointed with a linnen cloth, that ſhe may annoint the belly and groins, as at the firſt.

Being near her time to bring forth, ſo that ſhe be within ten dayes thereof, if the woman with child ſhall begin to feel difficulty and pain, let her daily uſe this Bath.

The

The Bath.

Take of Mallowes,	Mercury hearb,
Marſh-Mallowes, *ana* M. i.	Maiden-hair, *ana* M. ß.
Cammomil,	Of Linſeed four ounces.

Let theſe be boiled in a ſufficient quantity of water, as may ſuffice to make a Bath therewith.

But let not the woman ſit too hot on the ſeat, nor higher than a little above her Navill, nor let her ſit longer on it than about half an hour, leaſt her ſtrength languiſh and decay; for it is better to uſe it often, than to ſtay too long at once in it.

But if ſhe cannot indure to ſit over the water, let her cheriſh her naturall parts, with a ſponge or with clothes wet in it.

A Laconick and ſweating Bath is not convenient at that time but hurtful, though we think women may uſe it.

After the Bath ſhe ſhall alwayes annoint her natural parts of her loines, her flankes, navil, ſides, and other parts adjoyning thereto, with the ointment or fat made of the afore-preſcribed thing, or cheriſh them with the fat than ow[illegible]

And alſo fats melted ſometimes, and rightly put up into the natural parts, with a ſponge or gliſter-pipe, if the womb be hot and dry, and the party with child be of a lean and ſlender body.

Fumes alſo uſed, applied to the womb, conduce to facilitate delivery.

Suffumigations of the genitals, to facilitate delivery.

Muſk, Ambergreace, Gallia Moſcata, Aloes-wood, put upon hot coales, and alſo ſweet Hearbs, Mint, Pennyroyal, Calamint, Origanum, Majoram, are of a pleaſant and grateful ſmell, and open womens paſſages, and draw down conception.

But we muſt beware, that ſuch ſweet ſmells of this kind be not uſed to the noſtrils, but rather Balls of *Galbanum*, *Aſſa fœtida*, Mirrh, or Rue.

What

What Meat is moſt uſefull.

Then Pottage of Hens, Capons, and ſuch like are moſt in uſe; and I ſhould adviſe them then to drink thinne generous Wine allayed with water.

What manner of Chamber, the woman with child ſhould lye in.

It doth not a little avail to the happy delivery, that the Chamber, wherein the Child-bearing woman lyeth, be temperate, and be neither too cold nor too hot, for that ſhutteth up the mouth of the womb, and this diſperſeth and digeſteth the ſtrength. In Summer time therefore if heat ſcorcheth, the Chamber may be ſtrowed with Willow leaves, and Vine leaves, and Roſe-water, with a little Vinegar. In Winter, a high or upper Chamber, moderately kept warm, ſhall be convenient, which ſhall be kept warm with a continued fire, as is accuſtomed to be done in *Italy*, *France*, and other hot Countries.

But this is expedient every where, that the natural parts, and thoſe neareſt unto them, be moderately rubbed with hot clothes.

Chap. VII.

What is to be done at the birth.

THe birth being at hand, and paines oppreſſing them, it ſhall be fit, if the belly doe fall down of its own accord, but if it be bound, it muſt be provoked with a gentle Glyſter; for the excrements being caſt out, the womb and the paſſages, thorough which the Child iſſueth, are leſſe preſſed, and ſo the birth followeth more eaſie

Theſe things being well prepared, the child-bed woman muſt be put into bed, if tender, weak, groſſe, and fleſhly; but it ought to be made ready after this manner.

How

How, and wherewith, the child-bed womans bed ought to be furnished.

A large bouſter made of linnen cloth, muſt be ſtuffed with ſtraw, and be ſpread on the ground, that her upper part may lye higher than her lower; on this the woman may lye, ſo that ſhe may ſeem to lean and bow, rather than to lye drawing up her feet unto her, that ſhe may receive no hurt.

Chap. VIII.

To whom the ſeat may agree and be fit.

Let the ſtrong and luſty women be placed in a chair, which alſo muſt have the lower part not upright, but ſtooping a little, that the child-bearing woman may ſit, as it were, bending backward, clothes, or cloſe compaſſing garments, being caſt about their backs.

In this the belly, together with the whole burthen, may ſooner goe down than in a bed; but it often cometh to paſſe, that the whole Babe lyeth at the mouth of the womb, before that it ſhall get forth, more looſly and openly with the adjoyning places, and by that meanes is compelled to ſtick longer there, from whence ariſeth no ſmall danger of life,

Chap. IX.

What the Midwife ſhall doe in the very moment of the birth.

When now the pangs of child-bearing women increaſe more and more, let the Midwife inwardly annoint the ſecret or natural parts with oyle of Cammomil, and white Lillies, nor let her ſet the woman in the ſeat, before ſhe perceiveth the womb to be looſed and reſolved, and the humours to flow over more plentifully.

Moreover, ſhe may not bring her to labour and ſtrugling, before the birth ſhew it ſelf to her view; for they doe but labour in vain, and doe violently diſtort and wreſt away the ſtrength of the labouring woman, that afterward,

when she shall have need, it will not be able to work it forth.

But she shall sit fitly over against the woman in labour, and shall diligently observe on what part the birth moveth it self; for if it come the right way, she shall annoint and cherish the secret parts with odoriferous Oils; and if it declineth to the sides, she shall with both hands govern and dispose the belly, that it may fall to the mouth of the womb.

And if the hand or feet shew it self first, the Midwife, with a soft and gentle hand, moistened with broth of Fenugreek and Linseed, shall gently reduce it into the place.

Certain women have the mouth of their womb so streightned, that without great help, scarce or never they can part with the child. And that cometh to pass by reason of divers causes; for either some strong heat coming from the natural parts, doth too much streighten the inward parts, or the Creature is to big, or the child-bearing woman is to grosse and fat, or the child is dead, who cannot by motion be furthering and helping to nature; or else cold for the most part in the winter, especially in young ones, who have a narrow passage of the womb, doth more astringe and bind it up; or sometimes heat in humors so dissolved, that their strength faileth them in the birth.

Therefore when there appeareth difficulty in bringing forth the Child, Jesus Christ, the onely preserver and saver in danger, is heartily to be called upon, that with his gracious favour he would be pleased to be Assistant to the wretched party in travell.

CHAP. X.

When the Infant is come into the world.

WHen now the Child, or Issue, cometh into the world, either with the head or feet, the Mother must be incouraged, that as much as in her lyeth, she keep in her breath and restrain it, that by that indeavour she may put forth the Child. And the Midwife, in the mean time, must with her hand

hand gently compreſſe and keep down the region of the womb, which is above the navill, and urge the Infant to the lower parts: And although the aſtriction of the womb cauſeth the bringing forth to be more difficult, the parturient woman is to be ſet in a Bath, in which Mallowes, Fænugreek, Linſeed, and Barly are ſodden, and the ſides, hips, and flank, muſt be annointed, with oyle of Roſes and Violets: let the thighs be well rubbed, with *Oxyſaccharum* and half a drachm of Mint, and as much of Wormwood, be exhibited in drink to her: The woman bringing forth may gently be led to her bed; and they which aſſiſt her at her labour, muſt not look or gaze in her face, as ſuch who are aſhamed in their bringing forth, that after it, as it falleth out, ſhe ſtrive not to bring forth her young one with ſharper pain.

CHAP. XI

If the Secondines break not readily.

BUt if the Skin containing the young one, called the Secondine, becauſe it is brought forth after the birth, be leſſe eaſily broken, but ſtifly reſiſteth, the Midwife muſt either break it with her nails, and laying hold on it with her fingers, cut it with a pair of Sizzers, taking care that the Child may be preſerved ſafely in doing it: On the contrary, when the skins are broken or cut in peices, if all the humours preſently ſhall overflow before the child come forth, and the naturall places ſhall be dried up, let Gooſe greace, with oyle of white Lillies melted, be poured in warm, or the white of an Egg with the yolk be put up.

What is to be done after the child is born, if yet the Secondine, or after-birth, be retained.

If the Child being born, the Secondines be as yet pertinaciouſly retained, ſneezing muſt be provoked, if it come not voluntarily, putting Ginger or ſome other ſharp thing up into the noſtrils; or a ſcruple of Unicorns horn beaten into powder ought to be drunk hot in white Wine (in want of Unicorns

horn-use good Harts horn, or Bezar four graines) or the juyce of Borrage exhibited in drink bringeth them down, because it easily moveth vomit, and they thereby are brought forth.

Another approved Remedy for drawing them forth.

Take of *Seſely*, Cinnamon,
Of Mirrh, and of ſweet *Caſſia*, of each equall parts.
Let theſe be exhibited with Mugwort-water.

Another Receit.

Take powder of the Jet ſtone exhibited in Mugwort-water, or elſe about a drachm of the powder of Mallowes ſeeds exhibited in hot water, or the ſuffumigations of Horſe hoofes.

Chap. XII.

To draw forth a dead Child.

IF the child be dead, an equall quantity of Rue, of Mugwort, Wormwood, and black Pepper, being each of them reduced into fine powder, and boyled in Wine, muſt be exhibited, or Vervain boyled in Wine, or Water, or Vinegar; or Savory bruiſed and tied upon the belly bringeth forth the Child, whether it be yet alive or dead; or Butter with Honey boyled in Wine; or decoction of Hyſop well dryed exhibited in hot water: but if it yeildeth not, nor cometh away with theſe, let Rue, Mugwort, *Oppoponax*, and Wormwood dryed, with a little Oil and Sugar, be laid to the groin, or the navill; and moreover, the skin of a female Snake put about the woman in the manner of a girdle. Alſo the ſtone *Ætites*, tied unto the thigh, after the Child is brought forth, ought preſently to be taken away, leaſt the womb, after the Child be brought forth, come forth alſo.

Moreover, ſneezing alone accelerateth delivery, but it ought to be uſed with the mouth and noſtrils cloſe ſtopped, and Ginger, or ſome ſuch thing, put up into them; for from hence

hence a great force of the ſpirits is thruſt thence unto the inward part.

Chap. XIII.

How the bellies of child-bearing women, being coſtive or bound may be looſned.

IF the belly doe not evacuate the excrements, the firſt dayes of her being brought to bed, bring a Fig, cut in the middle into the form of a ſharp tent faſhioned like a mans Yeard, and put it up into the Fundament inſtead of a Suppoſitory; or elſe put a grain of Coriander, confected with Sugar, up into that place; or put a peice of Swines fleſh powdered, or Lard, brought into the ſame form, up into the ſame place, or frame a Suppoſitory of white Sope, and apply it thereto.

About four or five dayes after the birth, you may uſe a gentle Gliſter of half a pound of Sallade oyle, with a quartern of Barly boyled in broth, with two ounces of Sugar, with the yolke of an Egg, beaten together.

But if at the eighth day the belly anſwer not their expectation in looſeneſſe, let three drachms of *Caſſia* newly extracted, well confected with Sugar, be taken morning and at evening before ſupper in the manner of a bole, and preſently let her eat thereupon.

Chap. XIV

What things are to be applied to the naturall or ſecret parts.

SO ſoon as the Child is born, let this aſtringent Fomentation be applied unto the naturall parts.

The Fomentation.

Take of red Roſes two pugils; a pugill is the quantity you may take up at once between your firſt three forefingers. Let them be boyled to a third part, in high red Wine inclining to a blackiſh colour, with a fourth part of water put thereunto, then put into the decoction a whole Egg, and let it

it be mingled together, and applied to the place, with flanen rowlers, and kept on for the ſpace of two dayes.

Another.

Take of oyle of *Hypericon* four ounces.
Of Roſe-water two ounces.
Of the juyce of *Solomons* Seal one ounce.
Mingle theſe well together, and let the rowlers dipped in them be applied to the ſecret parts.

An Ointment.

Let the belly be forthwith annointed with this Ointment, leaſt it become wrinkled or deformed, and that it may be thereby better ſtrengthened, and may return to the old form.
Take two ounces of Roſe-water.
An ounce of Mirtles.
Half an ounce of Cats fat.
Theſe things ought to be melted, and mingled with the before recited Oyles.

A Girdle for the belly.

After the Unction, put on a Girdle of Dog-skin, well prepared by a Leather-dreſſer, and annointed with two ounces of oyle of Mirtles, and one ounce of oyle of Maſtick, and half an ounce of oyle of *Hypericon* mingled together.

But it muſt be ſo large, as it may comprehend or compaſſe the whole belly a little above the navill, even unto the naturall parts, and muſt ſtreightly bind up the ſame, but without pain. And this will be fitly done, if it be ſowed together with thred on the left ſide, and be put hot enough to the belly, and be compaſſed with four or five double linnen clothes, binding them with fit ſtrings together, that the belly may be kept warm.

But let linnen clothes, annointed with an equall proportion of oyle of Mirtles, and oyle of *Hypericon*, be applied unto the naturall parts, from the ſecond day untill the ſeventh.

CHAP.

Chap. XV.

The order from the seventh day after the woman is brought to bed.

Six dayes being finished or past, on the seventh day let the naturall parts be fomented and cherished with this Decoction.

Take of red Roses,
Of *Agrimony*,
Mellilot,
And Cammomil, of each one handfull.
Of the leaves of *Hypericon*,
Of the leaves of Quinces,
And of Mirtle, of each two pugils.

Let them be boyled in red Wine thick and astringent, with a little water to a third part, and let the naturall parts be fomented therewith morning and at evening before sleep.

On the eighth day.

It is convenient to put to the belly, a plaister made with the white of an Egg, and a little Pepper, and saken with flaxen rowlers, or boulsters.

On the ninth day.

If this plaister please not, besmear a Dogs skin again with oyle of Mirtles and Mastick, and apply it unto the belly, and it will avail and profit much, to keep it tied with swadling clothes unto the end of her child-bed.

A Liniment to scatter and disperse the Milk.

That the Milk flowing back to the breasts, may without offence be dissipated, you must use this ointment.

Take of pure Wax two ounces.
Of Linseed oyle half a pound.

When the Wax is melted, let a Liniment be made wherein linnen clothes must be dipped, and according unto their largenesse

neſſe, be laid upon the breaſts; but when it ſhall be diſcuſſed, and paineth no more, let other linnen clothes, dipped in diſtilled water of Acorns, be put upon them. But this I onely adviſe them which cannot nurſe their own children: And if ſwelling in them which give ſuck doe ariſe from abundance of milk in their breaſts, ſeem to threaten an inflammation, uſe the former Ointment, but abſtain from uſing the diſtilled water of Acorns.

When, and what Bath they muſt uſe.

From the twentieth day, if it be a male Child, if it be a female, from the five and twentieth day, this Bath may be uſed:

Take of Majoram,
Of Penniroyall,
Mellilot,
Hypericon, or Saint *Johns* wort,
Of Millefoile,
And of Pimpernel, of each M iii.
Of Bay leaves two pugils.
Three ounces of Pomegranades rindes.
Of old Bean meal five pounds.
Of Barly meal two pounds.
Of Cummin bruiſed and beaten into powder, ℔. iii.

Put the hearbs, ſmall chopt, into a bag, but the beans, and Barly, and Cummin, one upon another ſeverally: Let them be ſod altogether in a great Cauldron, which may contain two parts of Water, and one of Wine, let them be boyled the day before ſhe would uſe the Bath, and be poured forth into a tub, which muſt be well covered: The next day heat the water of the Bath; but they muſt take heed they ſit not on the Bath too hot; but two houres will be ſufficient to ſit before meat in the morning, and at evening.

But let the child-bed woman ſit on the bag, wherein the bran or meale is put, but not lower than the region of the mouth of the Ventricle.

Ano-

Another.

Let a barrell, wherein the dregs of white Wine are yet ſticking, be filled with river water, and let it be ſtirred to and fro, that all may be well mingled together, then let the dregs ſettle, and boyle in this water,

Of Bay leaves,
Of red Roſes,
With both the Comferies,
Of *Hypericon*,
Penniroyall,
And Pimpernel, of each p. ii.
Of old Bean meal ℔. v.
Of Barly meal ℔. ii.

Let the child-bed woman ſit on the bag, in which the meales are, or on another, which may contain the brans of wheat.

CHAP. XVI.

Againſt the gripings of the belly in child-bearing women.

THe gripings and gnawings of the belly, eſpecially thoſe which are contracted from the great ſtriving and labour of the belly in bringing forth, and ſometimes from a chollerick matter contained therein, and ſometimes of wind retained.

Outward Remedies.

Exceedingly therefore are uſefull Muſk, and Civet outwardly laid to the navill; moreover, oyle of Dill, chafed on the belly as hot as well may be indured.

Inward helps in their meats.

In ſtead of meat, the broth of an old Cock or Capon is beſt, being well ſodden with a little Dill, and ſo taken.

A Drink.

For the drink, a water made up with Cinnamon and

Sugar, which they call *Hippocras*, which is made after this manner.

Put unto water boyled, and hot, and drawn, unto ℥. xx.
Of Cinnamon half an ounce,
Of Sugar three or two ounces.
Three grains of black Pepper.

Mingle them well, and infuse them for six hours, and then strain them in a bag, which the Apothecaries call *Hippocrates* sleeve. Let the child-bearing woman use this potion warm, but very sparingly; but if she loath this, let her use thin, small, and clear wine, unless a Fever shall hinder her.

A Potion also is made of Honey and white Wine, of each two ounces, to mittigate paine by reason of flatuous humours retained.

Some exhibite the jawes of the Pickerell, with Amber, and Ginger, *aña* finely powdered to drink in white Wine.

Chap. XVII.

The government of the Nurse.

Let there be given unto the Infant new born Honey to lick, after let it be nourished with the Mothers Milk, which of all things best agreeth with it. But if by reason of some necessity it cannot enjoy it, a sound healthy Nurse is to be chosen, neither younger than four and twenty yeares, nor elder than five and thirty, of a white and ruddy complexion, which is not infected with other vices, nor yet hath too lately been brought to bed, nor hath not long given suck; let her not have sore Dugs or Breasts, nor too big, but a large Breast, and moderately fat. Let her use choise meates of easie and light concoction, engendring good bloud or juyce; let her abstain from hot aromaticall Spices, as Pepper, Ginger, Cardamome, and such like; also from Leeks, Onions, Garlick, Salt, austere and tart things. Let her avoid strong Wines, as also cold water: Let her eschew immoderate eating and drinking, for that corrupteth the Milk, and begetteth in children lepry, or scurfe, and other contagious diseases: Let her abstain

abstain from cares and vexations, and let her take heed, least she provoke her menstruous disease.

She must not sleep much, or be given to sleep, for that maketh the Milk flegmatick; she likewise ought not to watch more than is meet; for from hence the Milk cometh to be more hot, sharp, and distastfull to the infant; she ought moderately to exercise her selfe, especially her armes, to wit, either in sowing, spinning, or knitting, for by this meanes evill humours are consumed, as by ease and sloth they are augmented.

Also copulation of the Nurse exceedingly offendeth, and hurteth the Child, as that which chiefly retracteth and diminisheth the Milk, and maketh it of an unsavory taste, tasting hot, and rank, or goatish, which bringeth no small inconvenience, and hurt to the Child. For which cause, in times past, Husbands were driven away from their Wives, and restrained from their companies.

But if the Milk decrease, Pulteses of Bean meal, and Rise, are meet to be used; also like paps made of Bread, with Milk, and Sugar, to which may be added a little Fennel-seed.

And if the Milk be thick, it must be made thinne, with slender diet, and subtill Wine, and Sirrup of Vinegar, as also with exercises: But if it be too thinne, and watterish, grosse, and strong meats, and longer sleeps will be convenient and meet. For the corruption of the Milk, a litile Mugwort grosly bruised, and put into a linnen cloth, and so into broth, with a little Honey added thereto, will doe very much good.

The care of the Infant.

And if the Childes belly be loose, the food ought to be more grosse and strong, and her sleeps longer: But children may suck so long, as till they have brought forth sharp and great teeth: But if you suffer them to drink Wine, or strong drink, or other Potions, before they have toothed them, they will be corrupted; but when they have gotten these teeth,

their armes, and back bones are gently to be rubbed after their sleep.

CHAP. XVIII.

A Bath of sweet water, very profitable for children, as by whose meanes they may grow up and increase.

THey are, fasting, to be bathed in water before meat, for the space of a quarter of an hour, yet so, that the belly may first goe down or be emptied, and then they are to be annointed with oyle of Olives made hot.

And it is not of little concernment, in what swadling clothes children are wrapped; for when they are not tied up at all, or the clouts are too loose, they are subject to Fluxes, Imposthumes, apt to be crooked backt, and other discommodities; but especially when their knees are too strictly tied and bound up, and their thighs left at liberty, they are lamed.

When they cry, or feel pain, or will sleep, they are to be pacified, either by shewing the breast, or by singing, or by rocking, either in Cradles, or hanging Beds, or by carrying up and down. But we must observe, that children may lie strait whensoever they lie down, and ought not to be covered too much, or hot with coverings, nor yet with too few, least they may catch cold. Moreover, let the linnen cloth, wherein they are wrapped, be neat and clean, for children are offended, and infected by foul and filthy excrements.

From three years of age till the seventh, they are to be educated gently and kindly, not to be severely reprehended, chidden, or beaten, for by that meanes they be made throughout their whole life after too timorous, or too much terrified, astonished, and sotted.

Being yet in their first years, they are not to be compelled to going, for seeing all their bones are soft as Wax, and the body fall the heavier, they either become lame, or universally resolved in their feet.

Food must be daily given them thrice a day, till they are three

three years old; for if they be much filled, they are subject and accuſtomed to be troubled with Convulſions, and other diſeaſes.

In the ſixth or ſeventh year of their age, they are to be ſent to ſchoole, and committed to the breeding and inſtruction of courteous and temperate Schoolmaſters, who may not terrifie them.

Before theſe yeares they are not to be compelled or forced to harder labours; otherwiſe they will not thrive well, but ſtand at a ſtay, and keep little, or become Dwarfes.

Chap. XIX.

The Diſeaſes of Infants.

WHen as the Infant beginneth to grow ſick, as for example, from a cold diſeaſe, the Nurſe is to be nouriſhed with hot and dry meat and drink, ſo that thereby forthwith it may grow well again; ſo alſo if it be taken with other diſeaſes, as with an Ague, the Nurſe ſhall uſe plantain water, and ſuch like things. Paps made for children of crums, or morſels of bread broken or ſliced, are more wholeſome, than made of meal or flour.

Till two years old give them Honey often, for that keepeth them from Convulſions, and coſtiveneſſe of the belly, and that the milk they eat hurt them not.

When Infants caſt up their milk, a Corrall ſhould be hung about their neck down to their middle; for it is uſefull for them in teething, and Ivory alſo is good for the ſame purpoſe.

Diſeaſes and Symptomes, proceeding from the birth, in women with child.

Gripings and pangs come often upon women from their birth, for the womb, as a wild beaſt, by reaſon of her ſuddain evacuation and emptineſſe, by wandering up and down hither and thither, diſpoſeth it ſelf.

Therefore the belly muſt be covered all over with Bar-

meal

meal, and the white of an Egg, mixed together, with juyce of Elder; alſo drinking of hot Wine wherein Cummin hath been boyled, is very convenient and uſefull

Alſo Suffumigations of *Styrax calamita*, Frankincenſe, and Smallage ſeed, of each one drachm, will very much availe.

Chap. XX.

Againſt the Rupture of the Cods and perinæum, *and the part between the riſing of the Yeard and the Fundament, which proceedeth from difficulty of bringing forth.*

TO help the Rupture of the naturall parts, which ariſeth from hardneſſe in bringing forth, the powder of the great Comfery root dryed, with Cummin and Cinnamon, are very good, put up into the womb.

In ſome the wrinkled skin of the Cods is broken from the birth, ſo that there is but one hole between the womb and the fundament, and the ſame courſe, whereby oftentimes the womb goeth forth and is hardened; therefore the diſeaſed parts muſt be cheriſhed with hot Wine, in which Butter hath been reſolved, untill the Matrix be ſoftned, and then it muſt be gently put up: after the Cod skin is broken in three or four places, it muſt be ſowed up with a ſilken thred; preſently let a linnen cloth be put upon the belly, according to the largeneſſe of it; laſtly, let it be annointed with Tar, for the womb, by reaſon of the evill ſcent, is drawn in again. At laſt we heal the Rupture with powder of both Comferies, and Cummin, ſprinkled upon them. But a child-bed woman is to be put to bed, ſo that ſhe may have her feet lie the higher; let her lie there eight or nine dayes continually, and let her take her meat, eaſe her ſelf, and make water there.

She muſt abſtain from bathing ſo long as poſſibly ſhe may, alſo from all thoſe things which may provoke coughing, and from meats which cannot eaſily be digeſted: And for preventing this danger in bringing forth, let a long ball of linnen cloth be made, and put up into her Fundament, and as often

as

as the child-bearing woman ſtriveth to bring forth the Infant, let her ſtrongly compreſſe and keep in her belly, that no diſruption or rupture be made in theſe parts.

CHAP. XXI.

For windineſſe or Collick of the belly.

IF the ſecret or naturall parts receive wind in, which being kept in brings forth pain, a Fomentation made with the decoction of Muſtard or Onions, is very good.

Alſo ſometimes in others ſo great plenty and abundance of wind oppreſſeth them, that they ſeem broken, or as thoſe troubled with the Iliack paſſion, for whoſe eaſe, a Bath made of Mallowes, Pellitory of the wall, and the like, muſt be uſed, and the belly often kept ſoluble.

But ſhe ought to ſtay the longer in the Bath, and when ſhe cometh out of it, a plaiſter of the juyce of Mullein, or Turnup, and Barly meal, muſt be laid on hot, and then let her uſe her Bath again.

CHAP. XXII.

For the Itch.

IF thoſe parts itch, ſo that women by ſcratching take away the skin, whereupon blyſters ariſe, which greatly moleſt and trouble them, they ought to be annointed with the Ointment preſcribed for burnings.

Take an Apple, *Bolt armoniack*, *Maſtick*, Frankincenſe, Oyle, hot Wine, Wax, and Tallow, and thus you may prepare it. Purge the Apple from the outward rind, and the core, and put it in a pot to the fire, with the Oyle, Wax, and Tallow, and when it ſhall be hot, the *Maſtick* and Frankincenſe, being reduced into powder, muſt be put in, and then being mingled ſtrained through a cloth.

CHAP.

Chap. XXIII.

For the Flux of blood.

For those unto whom an immoderate Flux of blood happeneth, it shall be convenient to give the juyce of Mugwort, Sage, Pennyroyall, and of other hearbs of that kind, made up into the form of a Sirrup.

Also Baths made for the same disease of the said hearbs, are good; or by a plaister made up with Clay and Vinegar, which must be applied to the right side.

If the Flux of blood come from the nostrils, it must be applied to the forehead and temples, having a respect to the contrary side: For blood useth not to flow out of the nostrils, unlesse a male Child be begotten.

Chap. XXIV.

For the falling down of the Matrix from the birth.

A Bath made of Mugwort, Flea-bane, Juniper, Camphire, and Wormwood, boyled in water; let the child-bed woman sit in this up to the breast, afterwards let her be gently put into her bed, and let her lie with her feet drawn backward, that the Matrix may return into its place.

The Womb being put into its place again, put powder of Pennitoyall, of *Galingale*, *Spikenard*, Nutmegs, *Avence*, with oyle of Nutmegs, and Pennitoyall into a fine thinne cloth, and in manner of a Ball or Pessary bind it up, and put it into the Womb, and shut up the orifice of the Matrix, that it fall not down again: But have a care, that it may peirce backward toward the reins, and there it is to be bound up, but before that be performed, a plaister of Bay berries, of Mustard, Frankincense, and of Cinnamon, of each as much as shall be sufficient, being brought into powder, and being heated at the fire, mingled with Honey, and let it be laid to the back being yet hot, and bound up with a swath, wherewith the Pessary, put up into the Matrix, is tied.

But

But let the woman brought to bed lie in her bed upward for the ſpace of nine dayes or more, if need require, ſo that ſhe may not move her ſelf up and down, unleſſe great neceſſity urgeth her; and ſuch meat ſhall be given her, which may not eaſily paſſe through her belly, or may not often provoke her to make water: But now going abroad after her delivery, we muſt put on an intire garment that may keep it in, leaſt it goe out again, unleſſe it be when ſhe maketh water. The third day we muſt make ready a Bath, and then, leaſt they ſhould ſwell, powder of Ginger, Pellitory of the wall, and Cinnamon, of every one by equall parts mixed muſt be blown up.

Chap. XXV.

For the Piles after the birth.

WEe uſe to cure the Piles, ariſing from the fault of the bringing forth, with a Bath of Wormwood, Southernwood; Cinnamonrind, and the bark of *Caſſia fiſtula*, boyled well in Wine; when the woman delivered goeth forth of the Bath, put Bombace, or Cotton, with powder of Alloes mixed with oyle of Penniroyall unto her lower parts.

Chap. XXVI.

Againſt pain of the Breaſts, contracted by too much Milk.

CLay kneaded with Vinegar, after the manner of a plaiſter, is available to aſtringe and keep back the Milk, but the place is firſt to be ſupplied with hot water.

Chap. XXVII.

For the Impoſthume of the Breaſts.

A Plaiſter of marſh-Mallowes, Mallowes, Wormwood, Mugwort, and Swines greace, made up according to art is very profitable; when the ſwelling is come unto the height, lay Nut kernels bruiſed to peices; unto it: And if the

Impoſthume break not, let it be launced with a Launcet or Pen-knife, and ſqueeze it a little, leaſt by the ſuddain evacuation a worſe miſcheevious Impoſthume may come upon it; and when it is broken, put in a linnen cloth, twice or thrice a day, ſmeared with the yolk of an Egg and Turpentine, which ſtrengtheneth exceedingly: And if the Impoſthume chance to paſſe into a Fiſtula, put into it a root of black Hellebor dipped in Oyle or Honey; or ſprinkle powder of the colt-Bur upon it, for with theſe is every Fiſtula purged and deſtroyed, ſo as it be not between the bones; wherefore theſe Medicines are ſo long to be adminiſtred, untill it dye, and be dried up, and afterward the Ulcer be cured.

Some

Some few additionall Obſervations, concerning the paſſages in ths former Treatiſe.

Chap. XXVIII.

What is to be adminiſtred unto the Child, after it is born, for the firſt thing it taketh.

Arnoldus de villa nova, a moſt learned Phiſitian, writeth, that if you give unto a Child half a ſcruple of Corrall finely powdered, with womans milk, firſt, before it taketh any other thing, after it is born, that it ſhall never be troubled with the falling Sickneſſe.

Alſo,

I know perſons of good quality in this our Country of *England* (I preſume, inſtructed by ſome able Phiſitians) who give unto all their own children (and adviſe all other women, where they are deſired to be aſſiſtant at the birth) to exhibite unto the children new born, the firſt thing they take, a little Salt well mingled in a ſpoonfull of Saxifrage, or Hyſop water, to prevent the trouble of frets, and other diſeaſes in children following their birth.

Conceiving alſo, as they ſuppoſe, they have ſome ground for their action, from the fourth verſe of the ſixteenth Chapter of *Ezekiel*, where the Lord, reckoning up the Midwives duties about children, at that time of their nativity, thus ſpeaketh.

And as for thy nativity, in the day thou wast born, thy navill was not cut, neither wast thou washed in water to supple thee, thou wast not salted at all, nor swadled at all.

Chap. XXIX.

For Infants troubled with wind and flegm.

MAny Midwives advise the Nurses, to give them a little pure Sugar-candie finely bruised in Saxifrage water, or Scabious water in a spoon, well mingled together.

Chap. XXX.

A most excellent Medicine to cause children to teeth easily.

TAke of pure Capons greace, very well clarified, the quantity of a Nutmeg, and twice as much of pure Honey, mingle and incorporate them well together, and three or four times in a day annoint the Childs gummes when they are teething, and they will break flesh easily, and prevent torments, and Agues, and other greifs, which usually accompany their coming forth.

Chap. XXXI.

For Agues in Children.

TAke a spoonfull of good oyle of Populeon, and put thereunto two spoonfuls of good oyle of Roses, mingle and incorporate them well together, and then warm it before the fire, annoint the Childs bowing places, his armes, legs soles of his feet, and also his forehead, and temples twice a day, chafing the ointment well in.

Chap. XXXII.

For Worms in Children.

TAke of Mirrh, and Aloes, very finely powdered, of each a penny-worth, and with a few drops of Chymicall

call oyle of Wormwood, or Savine, with a little Turpentine, make these up into a pluister, and lay it to the Childes Navill.

Chap. XXXIII.

For Heart-Wormes.

Heberstreit, *Skonkius*, *Hollerius*, and other Phisitians affirme, they have seen them in persons dissected: One in a Prince, another in a Citizen of *Florence*; and our *London* Phisitians of late yeares have seen two in *London* (as appeares in Doctor *Mayes* book of Mr *Pennant* of Saint *Giles* in the Feilds) who dyed having a Worm like a Serpent in his heart.

The Cure.

Skonkius out of *Stocherus* affirmeth by certain experiment, that the juyce of Raddish, Garlick, and Mustard, killeth these Wormes, which breeding in the chest of the heart, cause swoundings, *Epilepsies*, and many times death.

Chap. XXXIV.

To cause a young Child to goe to stoole.

Chafe the Childs navill with *May* Butter before the fire, then take some black Wooll, that groweth between a Sheeps legs, and dip it in the *May* Butter, and then dry it, and lay it unto the navill, and it will procure a stoole: This is also good for one in yeares, who can take no inward Medicine.

Another

Another certain Experiment.

Take a good big green Mallow ſtrig, and ſtrip off the outward skin, and annoint the ſtrig well with freſh Butter, and put it up into the Childes Fundament, and let it ſtay a while there, and in very ſhort ſpace it will procure a ſtoole.

Courteous Reader, I pray accept kindly of theſe few Additions.

This

THis Treatiſe might have been inlarged farther out, by addition of other Experiments, but my Freind, being of the ſame opinion concerning Medicines, that *Seneca* the Philoſopher was of Bookes: *Non refert quanta, ſed quam bona medicamina*; hath confined them to their own limits, onely with a few neceſſary Obſervations inſerted.

M. A.

FINIS.

Choise and select Medicines, collected by a Phisitian for his own private use, and Alphabetically digested by him, and from him communicated for publick use.

A

For the Ach in the bones.

Recipe. A pennyworth of good *Aqua vitæ*, and as much of oyle of Bayes, and mix them well together warm in a Sawcer, and annoint the place grieved, and chafe it well in (but not by the fire) when it is well dryed in, wrap it up well.

For all Aches and lame Members.

℞. Rye and Rosemary, *ana.* M, ii. put them into common oyle, and Malmsie, *ana.* one quart, let these things seeth half an hour together, then let the same Member be bathed therewith, being first chafed with a cloth very well, and after bathing

wrap it up in a Lambs skin the woll side inward; doe this to bedward for the space of three weeks together; this helped a man which could neither stand nor goe, *Probatum.*

An Ointment for all Aches which come from cold causes, strunken Sinewes, strains in man or beast it is incomparable, and will keep fourty yeares, but it must be made onely in May.

℞. Mallowes, Groundsell, Strawberry leaves, Lavender-cotton, Birch leaves, Chickweed, Comfry, Parsly, Sage leaves, Bay leaves, Rue, Balm, Plantain, Sorrell, wild Briony, Betony, Wound wort, *Cardum, Succory*, Majoram, Lungwort, Cammomill, Adders tongue, Oxe eye, *ana.* M. iii. Chop these hearbs very small, and beat them in a Morter, then take Rosin four pound, *May* Butter clarified in the Sun eight and thirty pound, Sallade oyle a gallon, Turpentine four pound, Frankincense two pound: Melt the Rosin and Frankincense together first, then put therein the *May* Butter, and the rest aforesaid, and twelve pound of Hogs grease, and half a pound of Verdigrease, and when all these are melted together, then put in the chopt and pounded hearbs, and let them boyle half a quarter of an hour, then carefully stirre it a quarter of an hour after, and when it is cold, put it into pots close covered, and set them in a horse dunghill a yard deep for one and twenty dayes, then take them out, and put all the ingredients into a Kettle, and set it over the fire again, and boyle them a walm or two, then strain it, and put thereto oyle of Spike two pound, and stir it well; and when you use it, warm it a little in a Sawcer, and rub it by the fire.

To counterfeit beyond-Sea-Azure.

℞. Common *Azure*, and beat it very well with Vinegar, and annoint therewith a thinne plate of fine Silver, and put the same over a vessell full of Urine, set it over hot ashes and coales, and let it be stirred untill it be like beyond-Sea-*Azure*: This is the best way, *Mizaldus* saith, he had this out of an old written book.

To

To have good Azure and pure.

Lay some of it upon a hot burning Iron, and if then it will not be burned, nor any little stone is found therein, then it is pure and perfect, and not sophisticate and adulterate: *Miscellan.*

For an Ague.

When Jesus saw the Crosse whereon he should be crucified, the Jewes said unto Jesus, *Art thou afraid, or hast thou an Ague?* Jesus said, *I am neither afraid, nor have an Ague*: Whosoever shall wear these words, shall neither be afraid, nor have an Ague, *Amen, sweet Jesus, Amen.*

For a Tertian, or double Tertian Ague.

℞. A good quantity of Celandine, one spoonfull of Salt, and the brgnesse of an Egg of Leven, and as much Allicant, or Spanish Sope, stamp them well in a Morter, and make a plaister of them, and apply them to the Patients feet, one hour before the accesse of the fit, adde thereto four or five yolks of Eggs.

℞. Of Annifeed water the best you can get, half a pound of oyle of Vitriol, shake them well together, and drink one or two spoonfuls hereof one hour before the accesse of the fit: *Probatum.*

This Medicine is excellent to cure all kinds of Agues that are.

For a sore Breast.

TAke the roots of Hollyhockes ℔ i. dry them into fine powder, clarified Honey four pennyworth set these on the

fire, and stir them well together untill it come into the form of an Electuary, whereof let the Patient take often.

℞. Of choise Manna called Manna Granata two ounces, flower of Cassia newly drawn half an ounce, Penidios three ounces, oyle of sweet Almonds newly drawn half an ounce, the Lungs of a Fox finely beaten to powder two ounces; powder what is to be powdered, then mix them all together, and make an Electuary with Sirrup of Hysop.

An Electuary for the shortnesse of Breath.

Take a pint of the best Honey you can get, set it on the fire, and scum it very clean, then put into it a little Hysop bound in a bundle bruised a little, let it boyle till the Honey taste well of the Hysop, then take it out, and wring out all the Honey, and put into it the weight of sixpence of Angelica root grated, or cut very small, as much of Elecampane root, of Ginger the weight of two pence, as much of grosse Pepper, of Licorice eight penny weight cut very small, of Annise-seeds eighteen penny weight, put these altogether after the Hysop is taken out, and let it boyle a warm or two on the fire, stirring it a little, then take it off, and put it into a glasse or pot, and put thereto three spoonfuls of *Aqua vitæ*, and stir it well together, and take it on a cutted Licorice stick, at morning about ten, and at four in the afternoon, and when you goe to bed, letting it melt down out of your mouth.

For a Bruise or Squat.

℞. White Dasie roots, leaves, flowres and all, pownd them, and strain the juyce of them into strong *March* Beer, or Sack, and give the Patient a good draught thereof. Or seeth them in Ale, and make a Posset thereof, and let the Patient drink thereof as of the former, and let him eat the leaves if he can, and let him sweat after.

℞. Of Comfry M. i. when it spronteth forth the youngest leaves, wring them with your hands, and put them into fresh

Butter

Butter out of the Churne unwasht into a Frying-pan, and hold it a good way off the fire, and so let it boyle together till it be green, then strain it, and keep it for your use; *Probatum.*

A Restorative for the Backe.

Take of stale Ale two pound, of Germander half a handfull, of unset Hyssop, and of unset Thyme, and of Clary, *aaa.* M. i. a branch of Rosemary, and a good quantity of English Saffron, a dish of sweet Butter, and a good peice of Sugar, then boyle all together till half be consumed, then strain it, and let the Patient drink it morning and evening.

For Aches in the Backe.

℞. Bores grease, and Nerve oyle, *aaa.* ℥. ß, and as much Turpentine, boyle them a little together, and annoint the greived place downward therewith.

For Bleeding at the Nose.

Take a Toad and kill him, and take three Bricks, put them into fire, and then take out one of them, and put the Toad upon it, then take out another, and put him again on that, and when he is almost cold, take off the Toad and put the Brick into the fire; then take the third Brick, and doe so till the Toad be consumed to ashes, then take the ashes and put them into a Taffata bag, and when any one bleedeth, apply the bag upon the heart, and it will instantly stay the bleeding, either of the Nose, or any Wound.

For Burning, or Scalding.

℞. A spoonfull of Sallade oyle, and the white of an Egg, beat them well together, and annoint the burnt place with it often, then take a linnen rag, and wet it in the oyle, and lay it over the sore, and keep it still wet, till you find the fire be

drawn

drawn out of the Wound, then take away the rag, and annoint the place with a feather, and put Harts-tongue leaves to it, and so bind it up, and dresse it thrice a day for two or three dayes, and after that but once a day, and this will cool it without any scarre.

2. ℞. The reddest Onyon you can get, and take off the rinde, and beat the Onyon with Bay Salt in a wooden dish, till it be made very small: then put it very thick upon the burned place, and renew it three or four times, and this will take out the fire, and then you may apply any healing Medicine to it to skin it.

C

For a Cough of the Lungs.

Recipe. Of clear running water three pound, of good Sugar half a pound, with nine Figs sliced, half a spoonfull of Annifeeds bruised, a spoonfull of Licorice bruised, of great Raisins, having their stones taken out, one handfull, of Maiden-hair one pennyworth, boyle these together till one half be consumed away, then strain it thorough a fine linnen cloth, and every morning take two spoonfuls of it luke-warm, and you shall finde present remedy: *Probatum.*

For purging of Cold, Cough, and clearing the Lungs.

℞. Rubarb two drachms, Senna half an ounce, Annifeeds one ounce, steep them in a pint of white Wine, and put to it one ounce of brown Sugar-candy: set it over the fire to be kept steeping all night, stop the pot very close that no water come out, and in the morning, when it is blood-warm, strain it, and take a pretty quantity of it, and put two drops of oyle of Sulphur into it, and drink it fasting, and fast two or three hours after, then take a little broth and keep you warm.

A

A Julep for a Cough.

℞. A pottle of Springwater, and put into it ten branches of Hyssop, and two of Rosemary, Licorice clean scraped and thinne sliced two ounces, of Anniseeds bruised two ounces, French Barly which hath been cleansed in one water, boyle these till half the water be consumed, then strain it, and put to it three drops of oyle of Sulphur: take two spoonfuls of this when you begin to Cough, this will loosen the flegm, and cause you to bring it up easily.

Another.

Boyle three sprigs of Rosemary, and as much Maiden Hyssop in two pound of white Wine, of Mace two flakes, of Nut-Neg two or three slices, Saffron six or eight blades, burn the Wine, and after sweeten it with brown Sugar-candy, and drink a good draught warm, *nane & vesperi*, and two or three spoonfuls in the afternoon.

For Canker in the mouth.

Mingle the juyce of Agrimony with raw Honey, and anoint the lips with it, and it will heal it: *Probatum.*

Richard Jones cured a young man which had the Canker both in his tongue and lips, onely with good Romane Vitriol dissolved in spring water, and making it as milk warm from the Cow, with a stick and a linnen cloth fastened to the end of it, he washed his tongue, mouth, and lips herewith every morning and evening, and cured him in short time.

But if it be in an old man let run too long, that it eat still, and Vitriol, Salves, nor other waters will cure it, there is no other way to save this man, but to wash carefully his lips, or mouth with a very little oyle of Vitriol, to cauterise the veins, and stop the malignant humours that comes from the brain and feeds it. But this course must not be taken unless the

Patient

Patient be in intolerable pain, and in a desperate case, for doe it herewith never so little, yet this oyle of Vitrioll will gnaw, and bite, and put the Patient to great pain, that was opprest with great pain before, unlesse you mitigate the pain by often & continual dipping of a linnen cloth kept wet in spring water; after a very little time that you have annointed the cankered veines and places, with very little oyle of Vitrioll upon a feather as may be, and so let him indure the pain as long as he well can, that this may cauterize and sear up the veines the better, that so he may be cured, which otherwise will corrode and eat continually, although he may purge and vomit also, and so this at last will kill him.

For a Consumption, and Cough of the Lungs.

℞. Coltsfoot, Betony, Burnet, and red Rose leaves, *ana.* M. i. of Comfry roots scraped and sliced; M. ii. boyle all these in a gallon of Spring water till it be consumed to a pottle, then strain it, and set it over the fire again, then take a pound of double refined Sugar, and put it into it, and let it boyle over a soft fire about a quarter of an hour, then take it off, and put it up, and drink of it six spoonfuls, morning, and evening, and at four in the afternoon.

2. ℞. Of *Saccharum Saturni* one scruple in a quarter of a pint of Goats milk, and give the Patient *mane & vesperi* two or three weeks together, and this will help them, but first give the Patient some gentle diet-drink to purge them, before you give the *Saccharum* and Milk: *Probatum.*

For Collick, and paines in the backe.

℞. The tender tops of a Bucks horn which is Velvet headed, and cut it in peices, and put it into a new pot well covered, and set it in an Oven where it may be dryed and made into powder, of which give to the Patient with a little Pepper in good Wine a pretty draught, and this will presently release the pain and give ease: *Probatum.*

2. ℞. The

UMI

2. ℞. The decoction of Hollyhockes, mix it with Honey and Butter, and drink thereof blond warm: *Probatum.*

For the Cramp.

℞. The leaves or little sprigs of Rosemary, and put them between every toe, and if you are much troubled with the Cramp, use it continually, and this will cure it.

2. Annoint the part cramped with *Unguentum Brioniæ*, and this will help it: *Probatum.*

For a Canker.

℞. Burnt Salt, burnt Eggshels, burnt Copperas, burnt Bones, burnt Verdigrease, Wormwood, and Rue, burnt, *ana. p. e.* make powder thereof, and mingle them well together, and strow the powder into the Canker, and let no water come to it.

Another.

Take Hog-lice, stamp them till they come to an oyle, and annoint the place therewith.

For a Canker in the lips.

℞. The juyce of Agrimony, and mingle it with raw Honey, and annoint the lips with it, and it will heal them: *Probat.*

A Water for a Consumption.

℞. Rose-water three pound, of Muscadine three pound, of new Milk a pottle, of grosse Pepper one ounce, of Cinnamon two ounces, of sliced bread a penny loafe, the yolks of three new laid Eggs, of Sugar one pound: Distill all these as long as any water will come; take of this water with a little Pepper a draught fasting, and you will find much good.

For the Cough.

℞. Of the best *Flores Sulphuris*, one ounce and half, as much white Sugar Candie finely poudered, mix them together, and take as much hereof as will lye upon sixpence, mix them well in the yolk of an egg, and swallow it down, then walk upon it untill you sweat, and keep your self warm, and use it four or five mornings together, to take it, and walk after it.

For a Cough, or shortness of Breath.

℞. Of *Aqua vitæ* or Annise-seed water four ounces, mix it with white Sugar Candie finely poudered two ounces, boyl it in a newer dish, over a chafing dish, till it be dissolved, and indifferent thick like an oyle, and take a spoonful of this when you goe to bed for three or four nights together.

℞ Elacampane roots cut into small peeces, of Hyssop, Pennyroyal, and Liquorice, *ana*. Mount seeth them in a gallon of pure spring water till it come to a pottle, then strain it well, and keep it in a clean pot or glasse close stopt, and use this every day thrice; First and last, and one hour after dinner, for seven or eight dayes.

For a Consumption.

℞. Three sheeps hearts, slit them, and take out the strings and bloud, and lay them in water to soke a night and a day, then wash them clean, and put them into a Pipkin, lay in the bottome of the Pipkin, stalks of Rosemary in the manner of a Gridiron; then lay the hearts upon them, every heart being stuck with three cloves, and a quarter of Sugar being put into every heart. Then stop the Pipkin very close with paste, and put it in an Oven with houshold bread, and when you thinke it is sufficiently stewed, take out the Pipkin again; then every morning and evening take a spoonful of this Syrup.

For

D

For the Dropſie.

R*Ecipe*, Half an eggſhel full of the juyce of *Ireos*, of *Mellicratum* four ounces, with powder of the beſt Rubarb, half a drachm; Take this hot to a morning once a week. This is held for an excellent help.

Another.

℞. A lap full of green Juniper tops, chop them ſmall, and take a great bathing tub, and put them therein, and ſet the Patient in the tub, ſo that he may not touch the water wherein theſe tops were ſodden, but put a cracket under his feet, and cover him well unto the throat; let him ſweat ſo long as he is able, and when he cometh forth of the bath, take care he taketh no cold, but carefully put him into a warm bed.

E

For paine in the Eyes.

R*Ecipe*, brown Fennel, white Roſe-leaves, or other Roſe-leaves, Rue, Vervain, Celandine, and Eyebright, *ana p. a.* diſtill it, and keep the water in a Violl.

For ſore Eyes by ſalt Rheum.

Pound Houſleek M i. in a morter, and take the juyce ſtrained through a linnen cloth, put it in a new laid eggſhel, and put a quantity of white Sugar-candie to ſweeten it: Set the Egg over ſome Embers, and let it ſtand, and as the ſcum ariſeth take it off with a feather; and being clear take it off the

fire, and when it is cold, wash your eyes herewith ever and anon.

Mr. *Napier* commendeth *Rulandi aqua opthalmica*, to bee the best for sore eyes, Pin and Web, of all waters.

To clear the Eye-sight.

℞ Rain water of the clearest you can get one gallon, let it settle and clear by it self at least one day and night, and after put it into a fair bason of earth glased, or of silver, then put thereto of Roch Allom, the bigness of a Pigeons Egg, and and a quarter of as much white Coperas, and let them stand 24 houres well covered, then scum it clean with a feather, and drein it into another bason; then take away the scum, and the grounds, and so doe it every 24 hours, till it be clear without scum or grounds, and when it is perfectly purified, put it into a full pint of the best Rosewater which is white, and put it into a good big glasse, then set it in the Sun thirty dayes or more. Afterwards take it in, and wash your eyes with it three or four times in a week, when you are in bed, or other till you bee eased; when you wash your eyes, lye upon your back, that it may the better soke into them, and if it be too sharp, then abate it, by mingling some spring water with it. The best time to make it is in *April* or *May*; but if need be at any time in the Summer.

If you take the rain-water in glasses, or glased earthen pans as it falleth from heaven, free from durt, sand, or other filth, that will be much better.

F

For the Flux.

℞ Vrine, A Bason, and set it forth in the rain, and save the rain that falleth therein, then take a few Violet leaves, and boyl them in the water, then boyl some Almonds, but blanch them not, and make Almond milk of the same water; If the

Flux

Flux be very sore, boyle the Almond Milk, and put thereto a little Cinnamon, and Sugar, and drink it.

For the Flux.

℞. The nether jaw of a Pike, and make it into fine powder, and put it into drink or broth, and it will stop the Flux.

For the bloody Flux.

℞. An old Cock, and dresse him, put into his belly of Sowthistles M. i. and put him into a fair earthen pot, and put to it five peices of Gold, four Dates, ten Prunes, and a quart of Malmsey; then close up the mouth of the pot as close as you may; then put it into a brasse Pot with fair water, let it boyle the space of twelve houres, but take care that none of the water come into the earthen Pot; and when the flesh is consumed from the bones take it up, and let it run thorough a clean peice of lochram; then put it up into a clean Gallypot, and when it is cold it will be like jelly; put two spoonfuls hereof into broth or other meat which the Patient useth to eat.

For the bloody Flux.

Seeth a good proportion of Plantain in fair water, till it wax yellow, and all the strength be boyled out of it, then strain the water, and heat a clean peice of Iron red hot, and quench it in the said water, doe so nine times, and give it the Patient.

2. Seeth a pint of Milk, and when it is boyled, put into it as much Allum as will make a Posset, of which *mans* or *women* drink a good draught.

3. ℞. That which is shorn from Scarlet, make it to a powder, and give the Patient half a spoonfull thereof in a pretty draught of Lent, and use this five or six times.

4. Dry the powder of an Hare, and give it the Patient in red Wine, and it will help him.

For

For the bloody Flux.

Cut Hollihock roots in small peices, and boyle them in red Wine, strain it well and give the Patient; and if he have a Fever, or Ague, seeth the roots in water with some Plantain leaves, and let the Patient drink it.

2. ℞. Yarrow, and Plantain, *ana. p. e.* strain them together, and put thereto old red Wine, called Hollock, or Tent, strain it well, and let the Patient drink a good draught of it first and last, for three or four dayes together.

3. ℞. Plantain, Ribwort, and Sheaphards purse, *ana.* M. ß. stamp them small in a Morter, then put thereto *Sal armoniack*, and *Terra sigillata*, and stamp them again, and lay it plaister-wise to the forehead cold.

4. Mingle Mint water with Sirrup of Mint, drink it cold fasting; this will stop both flux and vomit.

For the bloody Flux.

1. ℞. Hay well boyled, and keep it over the fire, and every time the Patient goeth to stool, let a wispe thereof be put into the stoole.

2. ℞. Two quarts of Milk, and boyle in it of Sage four handfuls washed; boyle these to a quart, then put to it a little beaten Cinnamon, and let the Patient take this bloud warm, instead of other drink when he is thirsty.

3. ℞. A Nutmeg, pare a great hole in it, and roast it in embers full of *Sanguis draconis*, and eat it all up: This was Colonell *Hamble-tons* Secret.

4. ℞. red Bryer leaves, and boyle them well in Milk, and sweeten it with Sugar.

5. Give Dates stones beeten to powder in warm Wine fasting.

℞. Of the best Treacle one drachm, in four ounces of *Cardus benedictus* water, give the Patient here of three mornings or nights to drink bloud warm, and it will take away the fumes

fumes of the head in the disease of the Flux.

If the fumes of the head be not asswaged, let the Patient take four ounces of *Carduus* water, and the yolk of a new laid Egg, and a little Salt, mix these, and drink it; this is also good for an Ague.

An Ointment for the Flux.

℞. Two pound of *May* Butter, or a gallon of Cream; if of *May* Butter, take *Lunaria sanctae*, *Salomons* Seal, Mouscare, Plantain, Adders-tongue, *ana.* one handfull, stamp these small, and put them into the *May* Butter, and boyle them half an hour with a soft fire, scumming it with a feather: If you use Cream, boyle it till it come to an oyle, which oyle as it riseth take off with a spoon, and put your Hearbs into it, as into the *May* Butter; when it hath boyled, strain your Hearbs thorough a thinne cloth, and let it stand till it be cold, after which, set it over the fire again till it begin to boil, then put it up in pots.

This is also good for burning, scalding, or Aches, but especially for the Flux, for which, when you use it, observe this direction: Take the quantity of a Nutmeg of this Ointment, and melt it by the fire, and stroke down the reines of the back till it be dryed in, use this for seven dayes and nights together if your Flux continue.

For all Fluxes of bloud, and other Fluxes, pains in the Back, or Liver, and for inward effects.

℞. Cinnamon, *Cassia lignea*, *Opium*, *ana.* two drachms, Mirrh, Pepper, and Galbanum, *ana.* one drachm, stamp them, and mix them with a little clarified Honey, and make it into a lump or masse, give thereof at night two round pills about the bignesse of a Pea in the pap of a roasted Apple, and let not the party drink for two houres after; and if his pain and greif be never so great it will ease him within one hour or two, and perhaps cause him to sleep soundly: you may give it two or three nights together, if the Patient be strong, but if they be

be very weak, give it every other night three or four times; but if he be in extream pain give it when you list. If the stomack be full of meat or flegm, it will work lesse effectually. *Probatum.*

A powder for the Flux.

℞. Half ripe Blackberries, dry them, and make them into powder, give the Patient a draught thereof in a little Tent, or old red Wine, in the morning and evening for five dayes if the Flux continue.

A Glister.

℞. A quart of new Milk from the Cow, and put three or four gads of Steel into the fire red hot, and quench them in the Milk till half the Milk be consumed; then take the weight of eight pence of Deeres suet, and stamp it into the Milk, and mix it well together, and put it in a boulter bag warm; this you may use four or five times if need require.

For Morphew, or Scurf of face or Skin.

℞. Of Brimstone beaten into powder two ounces, mix it well with as much black Sope that stinketh, and tie the same in a linnen cloth, and let the same hang in a pint of strong wine Vinegar, or red Rose Vinegar, for the space of nine dayes; then wash any kind of Scurfe or *Morphew*, either in face, or body, dipping a cloth in the same Vinegar, and rubbing the face or body therewith, and let it dry by it self; also drink the water of Strawberries distilled, or tincture of Strawberries, it certainly killeth *Morphew* or Scurfe. *Probat.*

To blanch the Face.

℞. The meat of Lemons having taken away the kernels, and a quantity of fine pure Sugar, still these, and keep the water to wash your face with every night.

To

To smooth the Skin.

Mixe Capons grease with a quantitie of Sugar, let it stand for a few dayes close covered, and it will turn to a cleer oyle, with which annoint your face.

Morphew and Freckles.

Annoint the face with the bloud of a Hare, or Bull, this will take away Morphew, and Freckles, and smooth the skin.

G.

For the Gout, or Ache in the joynts, knobs, or knots in the flesh.
Probat.

R *Recipe*, Of May Butter four ounces, of Cummin seed beaten into fine pouder, half a pound, of black sope, four ounces, of Rue, M. i. of clarified Mutton, M. ß. stamp these in a morter together, and put to it an Oxe gall, and a spoonfull of Bay salt, and fry them together till it be thick, then lay it on a woollen cloth, and apply it hot to the ach as may be suffered, and let it lye a whole week unremoved: Then lay on another as long a time, and so lay on a third plaister as long, which will be three weeks in the whole time; and this will give ease.

For Gout or Bone-ach.

Take of the best *Aqua vitæ* one penniworth, and another of oyle of Bayes, mix them well together, and annoint the place grieved therewith by the fire, warm the ointment by the fire, and then chafe the place till it be dryed in, then cloth it up warm. *Probat.*

For the Gout, or Sciatica.

℞. The juyce of Sage, of *Aqua vitæ*, of oyle of Bayes, of Vinegar and Mustard, and of Ox gall, ana ℥ ß. put altogether into a bladder, and chafe it up and down with your hand for the space of an hour and half, and keep it for your use, and annoint the grieved place with it morning and evening.

For the Gout.

Stamp well ℔ iii. of Wallwort, then melt ten pound of *May* Butter, and put it thereto, and let it stand nine dayes together, then boyle them half an hour over a soft fire, then strein it, and annoint the grieved place.

For Gout or Bone-ach.

Annoint the place grieved with very good *Aqua composita* by the fire, and let the same drinke in; doe this three or four times, and whilst it is wet, talk upon it powder of *Dictamne*, and sow a cloth thereon, and let it lye on for four dayes. *Probat.*

H

Hermes True.

First grinde to an Amalgame one ounce of Mercurie, with one ounce of clear Spring-water, then put a round viall glasse, half full of Rose water, or cleer spring water; then put therein your aforesaid Amalgame, then drop therein one drop of the best *Aqua fortis* that can be gotten, and after a quarter of an hour another drop, and so every quarter of an hour one drop, till you have dropt therein ten or twelve drops; then with a very gentle heat, on sand or hot embers, vapour the

the water away softly, and a brave tree of silver, shall grow in the glasse to your admiration.

A Plaister to help any Stitch, or Imposthume wheresoever.

Recipe, The roots of Hollihocks washed clean, and cut in peeces, M. i. seeth them in fair water, untill the roots bee tender, then take out the roots, and put into the water, of Fenugreek, and Linseed, *aña* M i. being first stamped or bruised, and seeth them together in the water, untill the water ropo like birdlime, then stamp the Hollihock roots before boyled, and put them to the Fenugreek, and Linseed, with a handfull of Barlie meal, and fry them together, and if need be, put to some Sheeps fuet, and lay a plaister thereof to the sore, as hot as may be suffered; Let it lye twelve hours at least, and then lay another to it, and within nine plaisters it will work the full effect: It dissolveth the Plurisie also in applying of three Plaisters.

For an Imposthume of the Stomack.

Whosoever shall dayly take in a draught of Ale or Beer, a spoonful of the pouder of *Mastelon*, or *Scabios*, it will destroy any Imposthume within him. *Probat.*

A good Oyle to bring in joynts which have been out seven years, to give strength to veins and sinnews, and to keep them brought in their places.

You must first bathe the place throughly that is out for three or four dayes, with Oyle of Camomill, then against the Patient goeth to bed, you must have two Neats feet, or so many of them as may cover the dislocation, with the peeling round about: then lay the insides of the feet in thick and

broad flakes to the place, as hot as the party can indure it, and in the morning remove them, and after wich it annoint the place and the flakes aforesaid with Oyle of Cammomil, and then apply fresh peelings. This for certain hath brought in joynt, that which hath been out of joynt six years, and giveth strength to the veins and sinnews, and will keep the joynts in their first place, and the effect will appear in three or four dressings.

For the Black Jaundies.

Spread Wheat-straw abroad upon a clean floor in a close house, and put in Geese, and watch them when they dung; take their dung up with a knife, and scrape away the white about the dung, untill you have a good quantity of it, then dry this in an Oven, make powder thereof, and drinke of it morning and evening warmed in Ale, and it will cure both the black and yellow Jaundies.

℞. Dry the gall of a Raven, and grate it into powder, and take a quantity of it in a spoon, temper it with Beer or Ale, and drinke this fasting three mornings together. Or take nine or ten seeds of Hemp, doe away the husks, and bruise them, and put them in Ale, and drinke this fasting, for eight or nine dayes.

For the black Jaundies.

℞. Of Hearb Ambrose, Betony, Mugwort, *ana.* M. I. three or four Dock roots clean pickt, washt, and scraped, stamp all these together in a Morter, till they be beaten indifferent small; then take Spicknard, Turmerick, and Gallingal, *ana. p. e.* stamp them in a Morter likewise, then put the Hearbs into a clean cloth by themselves, and tie them fast with strings, and hang them in a gallon or two of good Ale newly ready to be tunned up, and after three or four dayes, drink a good draught thereof every morning next to your heart, and fast after it three houres, and doe so the like when you goe to bed.

To

To make Hartſhorn Jelly.

℞. Two ounces of Hartſhorn being ſmall raſped, and a pint of fair water, one Nutmeg ſliced, one race of Ginger, a branch of Roſemary, boyle all theſe together in an earthen Pipkin over a ſoft fire, till it be very clammy, then ſtrain it into a Baſon, and put to it Roſewater and Sugar.

For the yellow Jaundies.

℞. Celandine, Engliſh Saffron, and powder of Ivory, ſeeth them in white Wine, and drink thereof eight or nine dayes *mane & veſperi.*

2. ℞. The Urine of the Patient, and drink it with the juyce of Horehound.

3. Seeth the juyce of Cammomill, Morrell, and Mouſeare, in white Wine twice, and drink of it faſting.

For the yellow Jaundies.

℞. The pap of a roaſted Pippin, and put as much powder of Saffron as will lye on a penny, and twice as much Harts-horn finely ſcraped, mingle them well together, and give the Patient three mornings together the quantity of a Nutmeg, and as much at going to bed.

2. ℞. Of the inner rind of Barberry bark, and Gooſe dung that feeds on graſſe, and waſh the white of it, and a little Saffron, ſteep theſe in Ale, and let the Patient drink it in the morning faſting.

3. ℞. Of red Nettle-tops M. i. ſeeth them in a pint of Ale, and drink the ſame four or five mornings together.

4. ℞. Alicant, or hard Spaniſh Sope, and a little ſtale Ale in a Cup; rub the Sope againſt the bottome of the Cup till the Ale be white, then ſhave a little Ivory, and let the Patient drink of this firſt and laſt, till he be recovered: Alſo take Celandine leaves, and put them into your Stockings next to your feet.

5. Put

5. Put a good handfull of Celandine leaves into a quart of white Wine, boyle them to a pint: in the winter use the roots, and drink thereof morning and evening.

6. Cut out the core of a good big Apple, put into the place some sweet Butter, a little Turmerick, and English Saffron, cover it with the top you cut off, rost it tender, and let the sick eat of this three or four mornings together.

7. ℞. One pennyworth of Turmerick, of the middle rind of the Barberry bark M. ii. of Celandine M. i. seeth the Celandine, and the bark, in Ale-wort, putting to it a gallon of new Ale at the tunning, and when it hath stood two nights, draw it at the spicket, and warm it with a gad of fine Steel, and put to it the powder of the Turmerick, and drink of it first and last.

8. ℞. The juyce of Liverwort, and the scrapings of Ivory, and of Saffron, as much as you shall think fit, of French Sope as much as a Chestnut, bind them all in the corner of a linnen cloth, and swinge them up and down in fair water, till all the vertue be gone into the water, and give the Patient to drink of it.

I.

For a lame Leg.

R*Ecipe. Aqua composita*, and oyle of Roses, *ana. p. a.* mix them together well, and annoint the greived place with it morning and evening, but let the Patient first be well rub'd with a warm cloth. *Probatum.*

For the same.

℞. Oyle of *Exeter*, oyle Olive, and *Aqua vitæ*, and Beasts gall, *ana. p. a.* Mix them all well together, and annoint the lame leg therewith twice every morning and evening, for the

space

space of a fortnight; but alwayes use to rub the place first very well with warm clothes.

For chopt Lips.

Rub them with your sweat behind your eares, and this will make them smooth and well coloured.

A Drink for the Cough of the Lungs, and Consumption.

℞. Of Earth-wormes two pound, in a *May* morning, those with black heads are best, you may gather enough; put these in white Wine for three or four houres, then slit and wash them in the same Wine, and in another Wine, and lay them in an earthen pan on straw or sticks laid a crosse, and put them into an Oven after the bread is drawn, and so use them till they be so dry, that you may pownd them, then searce it, and beat it again till it be as fine as flower: then keep it for your use, which you must take twice a day, in the morning when you wake, and at four in the afternoon, as much as will lye on sixpence, or eightpence; take it in a spoonfull of warm Broth, or mulled Sack, or Mace Ale, and drink a pretty draught of the Broth to wash it down: if you take it in mulled Sack, or Mace Ale, take not above four spoonfuls, use this for a moneth, but be carefull of taking cold.

To make a Laxative Whey.

℞. One pound and a half of clarified Whey, Sena half an ounce, four penny weight of Annise-seeds, of Hops half a handfull, of Borrage, and Bugloss, *ana.* half a handfull, Fumitory p. i. seeth all these in the clarified Whey untill half be consumed, drink of it two mornings together.

A good Laxative for a Child.

℞. Of Violets three handfuls (if you cannot get them, as much

much of the leaves,) seeth them in running water, from a pottle to a quart, then take of Almonds one pound, stamp them small, and temper them with the water, and make an Almond Milk of it, and let the child eat and drink of the Milk, and also if need require, of the water by it self with a little Sugar.

To cause Loosenesse.

℞. *Coloquintida* and mix it with Honey, and Bulls Gall, then apply this plaister-wise to the belly, and this will doe it: Also take Wool, or Silk, and dip it in the juyce of Sowbread roots, and Wine, and use it as you use a Suppository.

For a costive by burnt Choller.

℞. Of Mallowes, Mints, Wormwood, and Violet leaves, *ana.* half a handfull, seeth these in the water of the sick, and when they are well sodden, presse out the water from the Hearbs, and stamp the Hearbs in a Morter, and fry them in *May* Butter, or fresh Grease, and make a plaister of it, and apply it warm unto the belly, and change it once a day,

For Rheume procuring a Cough of the Lungs.

℞. A quarter of a pint of good Sack, of Elacampane roots half an ounce, as much Licorice, powder them very finely, of the best refined Sugar half a pound, boyle them together, till they rope in nature of a Sirrup, then take hereof the quantity of a big Filbert *mane & vesperi*, and after as often as the Cough tickles you.

2. Take Virgin Honey, and old Conserve of red Roses, *ana. p. æ.* mingle them well together, and take at morning and night three Pills as big as a Nutmeg, and keep warm after it.

A Drink for the Cough of the Lungs.

℞. A pottle of spring water, put into it of Oak leaves, M. ß. of Colts foot, of Butter burr, roots and leaves, *ana* M. i. of S. Johns wort, Mouſear, Maiden hair, *ana* p. i. 3 or 4 Harts tongue leaves, a little Liverwort, 6 branches of Maiden Hyſop, 3 or 4 branches of Roſemary, pick and waſh all theſe clean, 16 Figs ſlit in two: Set this over the fire, and let it boyl ſoftly, till half be conſumed, then take it off the fire, and ſtrein it, and put into it of loaf Sugar ℔ ß. and when it is melted, put unto it ſix or ſeven drops of oyle of Sulphur, and put it into a glaſſe, and ſhake it well, and drinke every morning eight ſpoonfulls, which you muſt drink leaſurably, that it may the better fall on the Lungs; about four of the clock in the afternoon you muſt take as much: this will both cleanſe, and heal the Lungs, and ſtop the coughing.

M

A cooling Almond Milk.

TAke Lettice, Spinage, Succory, Violets, langde Beefe, Endive, and red Fennel, *ana* half a handful, three ſpoonful of Anniſeeds, five whole Maces, and one Nutmeg cut into peices, ſeeth all theſe in a pottle of running water to a quart, then blanch your skins, and beat them with the cold ſeeds, and ſo draw it with this decoction, and put into it Sugar, and *Manus Chriſti*, to ſweeten it.

N

A Water to reſtore Nature.

TAke of good new Milk three pound, of red Wine one pound, the yolkes of four and twenty new laid Eggs, having

I

having their whites taken out, beat the Eggs well with the Wine and Milk, and put thereto as much fine Manchet as will almost soak up the liquour, distil this with a soft fire, take two or three spoonfuls of this usually in your broth two or three times a day; this is rather to be used in Hectick Fevers then in other diseases, because they are alwayes hot in the palmes of their hands, and in the soles of their feet, both after sleep, and after meat, which shew the consumption of the solid, and fleshy parts of the body.

To restore Nature consumed.

Steep the yolkes of two new laid Eggs in six ounces of Vinegar six houres, then take them out, and with four Dates, and a pint of Muskadine, or Alicant, make a Cawdle therewith as followeth: Take of Rosewater one pound, a pint of Muskadine, boyle therein a dishful of the Pithes of an Oxe back clean pickt, a large sawcer full of good Currans clean washt, four yolkes of Eggs, six Dates, a stick of Cinnamon, and a good Nutmeg; make a Cawdle of this with Sugar, and having so done, strain it, and drink thereof at morning fasting, and at four in the afternoon: it is singular good for a weak back, and decaying of nature.

P

For the French Pox.

R *Recipe*, Of *Lignum vitæ*, ℔ i. of *Sarsaparilla*, ℥ v. of *Sena Alexandrina*, ℥ iv. of *Sassafras* ℥ iv. of Bole Armon. ℥ i. of Chalk, ℥ i. of *Hermodactilis*, ℥ ii. of French Barlie ℥ ii bruised, of long Pepper a half penniworth, of Saffron one penniworth, of *London* Triacle ℥ i. Boil all these in four gallons of spring water till half be consumed, when it is to be boyled put in the long Pepper, Saffron, *London* Triacle, Bole Armoniack, and the *Hermodactils*: What is to be pounded, pound; and what to be bruised

bruised, bruise; let it boil a good while after those Ingredients are put into the pot, close stopped: Then strain it, and with the dregs you may make a smaller drinke for the Patient to drinke at meat, or when he is dry; but of the fomer drinke he must drinke ℥ iiii. thrice a day: *Viz.* at eight of the clock in the morning, at noon, and at 10 at night: He must eat dryed Bisket, and great Raisins, and his meat must be mutton, dry roasted without Salt. The party must also take this ensuing Purge twice, before he drinke the drinke: *viz.* six penniworth of *Pulvis Sanctus*, with ℥ i. of Sirrup of Roses solutive, well mixed in ℔ ß of white Wine, drinke it blood warm, fasting two houres, and then take some warm broth.

Another.

Two or three doses of Doctor *Vanhocks Rosa vitæ*, given at severall times is very good in this disease.

Another.

℞. Of *Diaphœnicon*, ℥ ii. as much ⅛ *succo rosarum*, drink this in the morning at six or seven a clock with ℥ iv. of white wine, bloodwarm, for three four or five dayes: It is an excellent purge, and will give you six or eight stools within two hours. *Probat.*

A Posset good in all cold Agues, or Pestilentiall Diseases.

Make a Posset with small Beer, with a quart of milk as clear as you can, then take of Goats rye, M. i. when you have taken off the curd from the Posset, put the Goats rye into it, and let it boyl a good while; then put three or four branches of *Scordium* into it, then take it from the fire, and cover it a while; then strein it, and give the Patient neer a pint of it at a draught warm, an hour before his fit comes; then let him lye still one hour to sweat, or two, or longer if he can indure it, use this for three times; but let the Patient be carefull he take no cold.

The Plague Water.

℞. Harts horne rasped, ℥ i. one root of Saxifrage, the stems and seeds of red Sage, Rue, Elder leaves and berries, red Bramble leaves, one root of Angelica, or the leaves thereof, Tormentill the roots and Leaves, *ana* M. i. two Oranges, English snake-weed the roots and leaves, *Virginia* snake-weed a small quantity, which is much better then ours, of Goats rue, *ana*, M. i. Butterburr leaves and roots, and Pimpernel, *ana* M. ß. *Scordium* six branches, Marigold Flours, and Borage flours, and Rosemary flours, *ana* M. i. White Ginger ℥ ii. dryed Figs eight, old Ivie Berries black, two spoonfuls, Walnuts fortie, stamp them all in a morter, and steep them twelve hours in White wine, ℔ ii. and white Wine Vinegar, ℔ ß. then strein it through a fine strong linnen cloth, and adde unto it ℥ i. of Bole Armoniack finely poudered, and a little Pomecitrine rinds one penniworth, and distil it in a dry Still, and take morning and evening one spoonfull. This is good for any Fever, ague, small Pox, Measels, or any Infection: If it purgeth, as it will if there be any infection, you must give the Patient two spoonfuls of this till it hath done his working.

An Antidote against the Pestilence, by Dr. *B.*

℞. Three pints of good Muscadine, of Rue, M. i. of brown Sage as much, bruise and boyl the Hearbs in the Muscadine till a third part be consumed, then put to of Ginger ℥ ß. of Nutmegs thirty two, a penniworth of long Pepper grossely bruised into the Wine, and let it boil one walm, then take it off and strein it, then put into it a penniworth of Mithridate, two penniworth of *London* Triacle, and a quarter of a pint of Angelica water, drinke one spoonfull of this every morning fasting one hour after; but if the partie be infected, then let him drinke two spoonfuls, and sweat upon it.

For

For the shaking Palsie.

Take of Cloves two or three ounces, as much of Nutmegs, ponder them small, and mixe them with oyle of Lavender, to make them fit for a plaister, spread it on Leather, and lay it to the nape of the neck, and wrists of the hands; Or as I have proved, Take three penniworth of *London* Triacle, a pennie pot of Neat oyle, a pennie pot of Sherrie Sack, mix these three things together well, and eat a spoonfull or two every morning fasting, and at any time of the day; after this once or twice a day if you please take a spoonfull, or eat it upon new white bread. This will help the shaking Palsie, and trembling of the heart, and make a man cheerfull and merrie. *Probatum.* I had the shaking Palsie by working in *Mercurie*, no man more, and this in fourteen dayes cured me; God be praised.

Another.

Steep Mugwort in Rosewater, wash the hands therewith, and it will cure their shaking and trembling.

To restore lost Speech.

Lay a thin peece of raw Beef to the forehead of them that have lost their voice, and let it lye one all night.

To restore speech to an Apoplectick.

Beat the Kernels of Peach stones together into ponder, and give the Patient a good draught thereof in Rennish Wine.

A Restorative Electuary.

Take of great Raisins cleansed from their stones, ℔ ii. of Licorice scraped, and bruised, ℥ i. put these in ℔ ii. ß. of cleer water, seeth them well, and strein them, and put into their

streining, of Mirabolans, Hebal, Citrine, and Indic. cleered from their stones, *ana* ℥ iii. of Emblick and Bellerick, *ana* ℥ ii. boyl them, presse and strain them, then put thereto of pure Sugar, ℔ i. and when they are boyled up to the thickness of a Sirrup; adde in the end of choice Cinnamon, ℥ ß. Cloves and Galingal, *ana* ℥ ii. of Nutmegs, *num* ii. of Fennel, and Anise-seed, *ana* ℥ i. Make it into an Electuarie, and put it up into a clean Box, agreeable to the complexion of the Patient that shall use it; as for the spleen, in a Tamarisk, or Ash boxe, or Juniper for flegmatick persons, and so accordingly of others.

In this Electuary are Medicines for principal Members, viz. the Heart, the Head, Stomack, Liver, Spleen, and Generative parts. It is first hot, then moist, after cold, and last dry.

This Medicine was invented by *Arnoldus de villa nova*, for hindering old age, conservation of health, prolongation of life: it not onely comforteth, but purgeth superfluities remaining from the nourishment past, keepeth back gray haires strengthneth the stomack, and giveth a good colour to the whole body.

A Restorative good in all diseases.

Take Elder flours, the Eve of S. *John Baptist* at Midsummer, according to the Planet which is *Jupiter*, or according to the Sun diall at twelve a clock: Dry these in the East, stamp and pouder them, then take Borage water, and put into it seven or nine grains of the Pisle of a Deer, dryed and grated to pouder, with a spoonfull of the pouder of the flouers aforesaid; Infuse them for 12 houres, in three or four ounces of the water for the Patient to drinke for 15. dayes together. It restoreth old age, and strengthneth the back. In fine, this is miraculous for all diseases.

For the Rickets.

Take of cream two pound, and boil it to an oyle or take of

of unsalted Butter, ℔ ii. take three or four good handfulls of Cammomil, mince it small, and put it into the oyle or Butter, and let it boil on a soft fire till the hearbs become crispe, and that it be very bitter; then strein it, and annoint the childs sides downwards, and the bottome of the belly and thighes morning and evening: Also to give the child thrice a day half a dosen spoonfuls of Harts-tongue water, in which you have steped seven or eight Cloves, and some brown Sugar Candie to sweeten it: If the child mend not with this; Or Shoomakers shreds, two or three M. boil them in fair water, and take off the oyle, and annoint the child, as before prescribed: If the child be not weaned, you must wean it, otherwise no Medicine will recover it: Also you must carry it as little as you can in your armes, but when you doe, be stirring it, and make it try to use the legs, if it be of that bignesse.

Doctor Vannecks *Rosa Vitæ.*

℞. *Mercurii* sublimate sublimed with ʒ iv. of Roman or Danisk Vittriol, Antimonie crude, ʒ ii. grinde them well together an hour and half; retort these with sand half way up the body of the glasse, with a gentle fire five houres, and then increase the fire by degrees, till with a good fire red begins to come (into an Urinal half full of water) which precipitates that which is distilled out into a snow white pouder, which pouder wash three or four times with fair water till the sharpnes be gone. Then make an extract of Zedoarie, Cinnamon, and Galingale, *una*, ʒ i. and red Sanders ʒ ii. with spirit of Wine ʒ vi. mingle this Extract with ʒ i. of the foresaid white pouder, and grinde them together well, and it will dry it self into a red pouder.

It is given for the French Pox about four grains in the pap of an Apple with butter, this will give some five or six vomits; It also helpeth Agues and Fevers, Dropsie and divers other diseases, and is constantly sold for three shillings four pence the dose, *Probat per me* T. S.

A Sear-cloth for divers causes.

Recipe, Of Oyle olive, ℔ i. ſ. red Lead, ℔ i ß. of white Lead, ℔ i. Caſtile Sope ʒ iiii. Oyle of Bayes ʒ ii. Put your Oyle olive in a Pipkin, and put thereto your Oyle of Bayes, and the Caſtile Sope. Seeth theſe over a gentle fire of Embers till it be well mingled and melted together, then ſtrew a little red lead and white being mingled together in pouder, ſtill ſtirring it with a great ſpatter of wood, and ſo ſtrew in more of your Lead by little and little, till all be in, ſtirring it ſtill by the bottome to keep it from burning, for an hour and half together; then make the fire ſomewhat bigger, till the redneſs be turned into a gray colour. But you muſt not leave ſtirring it, till the matter be turned into a perfect black colour as Pitch; then drop a little upon a wooden trencher, and if it cleave not to the trencher, nor your finger, it is enough: Then take long linnen clothes, and dip them therein, and make your Sear-cloths thereof, they will keep 20 yeares; let your pouder of your Lead be ſearſed very fine, and ſhred the Sope ſmall.

The Vertues of this Sear-cloth are: Being laid to the Stomack, it doth provoke appetite, and taketh away any pain in the ſtomack; being laid to the Belly, it is a preſent remedie for the Collick: Being laid to the back, it is a preſent remedie for the Flux, and running of the Reins, heat of the Kidnies, and weakneſs of the Back: It helpeth all ſwellings and bruiſes, and taketh away Aches. It breaketh Felons, and other Impoſthumes, and healeth them. It draweth out any running humour, and helpeth him without breaking of the skin, and being applyed to the Fundament, helpeth any diſeaſe there; It helpeth all old Sores, and will be made in ſix houres.

For

For the Stone.

℞. The Clawes of a brown Pionie root, and the root, and Jet Beads, *ana p. æ.* dry the clawes and roots, and pouder them, and the jet also very finely, then mingle them, and in Ale or White wine drinke a little of the pouder.

2. Peel a red Onyon, slice him and put him into a pint of good white Wine, let him lye six houres, then strein it, and drinke of it twice in a fit, and it will expell the stone.

For Stone, Strangurie, and Collick.

Take the inner rinde of the young branches of a Hasell tree, boyle them in small Ale till half be consumed, and let him that hath the Strangurie, drink half of it at a draught, let the Patient drink a draught of it first and last, for nine dayes together, for it never fails.

For the Stone in the Bladder.

℞. Of Turpentine ℥ iiii. and burn it to pouder, then mix two drachms thereof with four ounces of Saxifrage water, and give it twice a week, in the morning to the Patient, and this will not onely preserve him from the stone, but drive it out, if any use this but two moneths. *Probat.*

2. Stamp two Bees in Beer and drinke it, and it will cause Urine to come.

To break and drive out the Stone.

℞. The juyce or water strained out of Raddish roots, mixe it with White wine, and the pouder of Turpentine, dryed in the Sun, and so drinke: This is an excellent Medicine to drive out the stone.

To cause Urine and break the Stone.

Take Parsely, and stamp it in White wine, then strain it well, and drinke a good draught thereof, and this will cause

you to make water, and break the stone; but you must use this five or six times. *Probat.*

℞. Pouder of Brionie berries, and drink it in water, wherein Water-cresses have been boyled, and it will both help you, and give you ease.

For the Stone.

℞. The blood of two Hares, as much Sheeps or Goats milk, mingle them well together, and boil them in a new pot to a coal, beat it to pouder, and searce it finely, and give the Patient hereof a good quantity in a little fountain water, luke-warm, this will break the stone to dust, and make it come away. To try this, put the stone into it, with a little water blood-warm, and in half an hour it will dissolve it into peeces.

2. Take five Cloves of Garlick, and stamp, and strain them in a draught of Rhennish wine, and so drink it. This being taken three times together is a fine Remedie.

For the Stone in Reins and Bladder.

1. Scrape Sea-horse pisle to pouder, and drinke thereof every morning with white wine, and a little oyle of Almonds, and this will cure the Stone of the Kidnies and Bladder, being given four ounces at a draught.

2. Pouder of *Manati*, which is a stone growing in a Sea-cows head, being exhibited in the aforesaid manner, will doe the like. The white for the man, and the yellow for the woman.

3. ℞ Spikenard, Carraway, Fennel, Anise, and Cumminseeds, Cinnamon, and Galingale, *ana* ℥ ß. Gromwell seed, and Liquorice, *ana* ℥ i. beat them all into pouder, and take half a spoonful of this pouder in Ale or Beer warmed, and after walk an hour before you eat or drinke, doe this four or five times, and you shall finde a notable operation.

A

A Posset for the Stone.

Make a Posset very thinne and clear with a quart of Milk, and put into it eight or ten roots of *Althea*, and two Parsly roots, having their pithes taken out, and two Asparagus roots picked and washed clean, so that no durt be on it, and let them boyle well in the Milk-Posset; then strain it clean, and let the Patient drink a good draught, put into it as much *Sal prunella* as will make it somewhat Brackish; this is a safe and admirable Medicine.

2. ℞. The braines of a Magpy newly killed, and put it into a wine Glasse of white Wine, and stir it well till it be throughly mixed, and then drink it, and this will presently cause Urine, and ease the pain.

For the Spleen.

Seeth the rindes, and keyes, of an Ash tree very tender and well in white Wine, and drink a good draught thereof for six or seven mornings together, it doth much ease the Patient: when you drink this, annoint the Spleen with *Dialthea* every morning and evening, applying *Emplastrum de Melilato pro Splene* to the place. *Probat.*

Another.

Put of oyle of Gold one drachm, into half a pound of Anniseseed-water, shake it well together every time you take of it, and take a spoonful at a time, and it will help you. *Probat.*

Heat a pair of Tongs six times red hot, and quench them in white Wine; drink this nine mornings together, and this will help the Spleen.

For Swelling of Armes, Legs, and Feet.

℞. Linseed, Wheat, Bran, Brooklime, Chickweed, and Groundsel, *ana.* one handful, seeth them in a pottle of white Wine altogether till it be thick, then lay a plaister thereof to

the swollen place as hot as you can suffer it, and it will help it with three or four plaisters.

For Sinewes, and Nerves, cut asunder.

℞. Of Earth-wormes one handful, put them in a cloth, and cleanse them well from the earth, that done, take Sack half a pound, and of Sallade oyle half a pound, mix them together, and infuse the Wormes in this untill they be suffocated, then stop the pot very close, and lute it well, and set the pot in hot horse-dung for eight and forty houres, till the Wormes be rotten, then take them out and presse them, and adde thereto of common Oyle half an ounce, of *Venice* Turpentine two drachms, then relute your pot, and set it on a soft fire for three or four houres.

For Bruises, or streined Sinewes.

1. Annoint the place greived with *Aqua composita*, and Neat-foot oyle luke-warm, laying hot clothes thereon.

2. Stamp live Earth-wormes, and apply them to Sinewes cut.

For shrinking of Sinewes.

℞. Two Swallowes nests that are ready to fly, of Lavender Cotton, the tops of young Thyme, the strings that run out of Strawberries, Cammomil, and Hollihock leaves, *ana.* one handful; stamp the Swallowes quick and the Hearbs together, till no feathers be seen, then put thereto of *May* Butter one pound or two, and stamp it again to a salve, and let it stand again close for seven dayes; then seeth it the space of two houres with a quick fire, stirring it still; then strain it thorough a course cloth, and annoint the joynts therewith, or any other place where the Sinewes are shrunk, and use often to stretch out the joynts and splint.

For

For Sinewes shrunk, and to supple impotent Limbs.

℞. Rosemary, Thyme, Parsly, Hysop, Bayes, Sage, Lavender Spike, Lavender Cotton, Balm, Cammomil, Roman Wormwood, Brooklime, Smallage, Yarrow, red Nettles, Lovage, Hearb Robert, Plantain, Rag-wort, Vervain, Adders-tongue, Daises, Nightshade, Comfry, Orpine, Strawberry strings, Violet leaves, Walwort, Amber leaves, Southernwood, Knotgrasse, Vine tops, Valerian, Honisuckle leaves, Polipodium of the Oak, Dill, Mallowes, Perwinckle, Rue, of these one handful, slice them a little, and stamp them very small in a Morter, with powder of Cloves bruised small, put thereto oyle Olive, and Neats-foot oyle, so much that they may swim, mixing them together, set it on the fire till all the strength of the Hearbs be boyled out, and take heed it doe not burn; then strain out the Hearbs, and clarifie it over the fire, then put to it a little Wax to harden it withall: this Ointment should be made between *May* and *Bartholomewtide*. *Probat.*

To cure an old Sore.

℞. Of fresh Butter one pound, put it into a pot in the moneth of *April*, then take of Violets, of Rosemary, red Sage, Buglosse, Wormwood, Broom, Hysop, Pennygrasse, Vervain, Selfeheal, Hypericon, and Speedwell, *ana.* one handful; gather them as they be ready, and put them into the pot with the Butter, and set them into the Sun until *Michaelmas*, then take it out of the pot and beat it in a Morter, then make it up plaisterwise, and reserve it for your use.

For the Scurvy.

Chop small the knotted place of a Pine Tree, and boyle it well in Ale or Beer, that the steem may come out, and drink of it, and it will cure the Scurvy: This was Colonel *Hamiltons* Secret.

To

To coal the Skin, and heal a Sore.

℞. Of oyle Olive one pound and a half, Wax six ounces, of Minium two ounces, Litharge of Gold two ounces, Ceruse one ounce and a half, Camphire one ounce and a half; first boyle your Oyle and Wax till it be melted, then take it from the fire, and put in all the aforesaid things, being beaten very small and searced, and stir them together till they be cold, and as occasion serveth annoint the sore place.

To help paines in the Stomack.

℞. Four graines of Mastick, Swallow them every night to bedwards; this preserveth the Stomack from all paines, and cureth the same.

An Ointment for the Stomack.

℞. Capons Grease five pound, Origanum, Wormwood, the tops of Rosemary, Stomack Mints, *ana.* M. i. and a few Buds of red Roses pickt; chop the Hearbs very small, and pownd them in a stone Morter, afterward boyle them in the Capons Grease, till you see the goodness of the Hearbs boyled out, then strain them, and put so many more Hearbs as aforesaid, and let them lye all night, then boyle them all again, till the vertue of the Hearbs be boyled out, then strain them, and take of Cloves, and Mace, *ana* ℥. i. beaten very small, and let it boyle a walm or two, keeping it still stirring that it may not grow black, then take it from the fire, and put it into a pan, or broad dish, and stirre it till it be almost cold, and put into it a pint of *Aqua vitæ*, and a quart of the distillation of Vine leaves; this is good for any thing that lieth heavy upon the stomack, being annointed therewith.

For

T

For the pricking of a Thorn.

Recipe. Of Violet leaves one handful, of Mallow leaves one handful, stamp them together, and take a quantity of Bores Grease, and of Wheat Bran one handful, set it on the fire in clean water, and make a plaister thereof, and lay it to the greif.

To draw a Thorn or Splinter out of the flesh.

Moisten the tongue of a Fox, and make it soft with Vinegar if it be dry, put this on the thorn, or any place where you would have any thing drawn out, and it will doe it.

2. Black Sope laid to it, will also doe it.

For the Tooth-ach.

Take of *Opium* ʒ i. distill it in ʒ ii. of the best *Aqua vitæ*, and hold a spoonful of this in your mouth, and it will ease you. *Probatum.*

To keep Teeth White, and kill the Worms

Take a little Salt in the morning fasting, and hold it under your tongue till it be melted, and rub your teeth with it. *Probatum.*

W

To take away a Wen.

Take the pouder of unslak'd Lime, and mix it well with black Sope, and annoint the Wen therewith, and this will waste it, and when the root is come out, annoint it well with Oyle of Bassome, and this will heal it.

FINIS.

T

For the pricking of a Thorn.

Recipe. Of Violet leaves one handful, of Mallow leaves one handful, stamp them together, and take a quantity of Pores Grease, and of Wheat Bran one handful, set it on the fire in clean water, and make a plaister thereof, and lay it to the greif.

To draw a Thorn or Splinter out of the flesh.

Moisten the tongue of a Fox, and make it soft with Vinegar if it be dry, put this on the thorn; or any place where you would have any thing drawn out, and it will doe it.

2. Black Sope laid to it, will also doe it.

For the Tooth-ach.

Take of Opium 5 i. distill it in ℥ ii. of the best *Aqua vitæ*, and hold a spoonful of this in your mouth, and it will ease you. *Probatum.*

To keep Teeth White, and kill the Worms.

Take a little Salt in the morning fasting, and hold it under your tongue till it be melted, and rub your teeth with it. *Probatum.*

W

To take away a Wen.

Take the powder of unslak'd Lime and mix it well with black Sope, and annoint the Wen therewith, and this will waste it, and when the root is come out, annoint it well with Oyle of Palsome, and this will heal it.

TINIS.

A

TREATISE

CONCERNING THE

PLAGUE

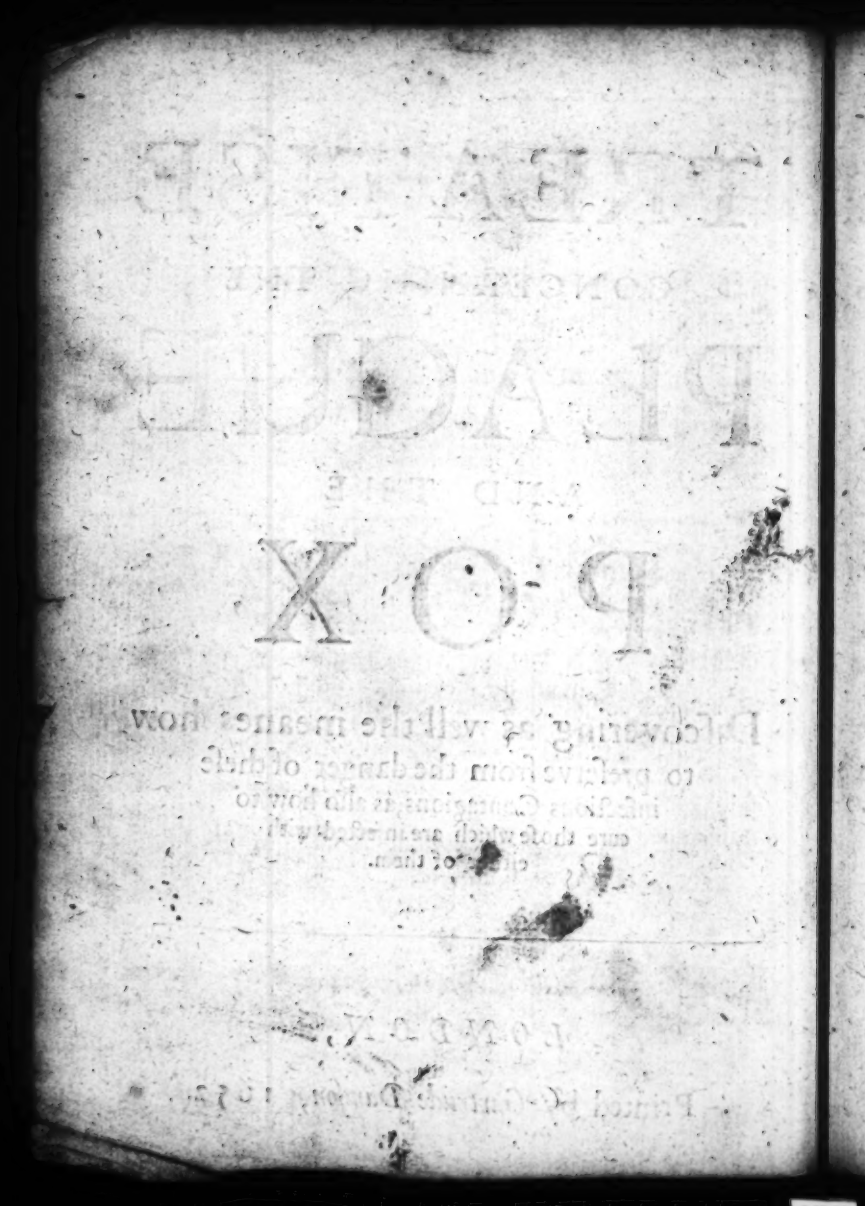
AND THE

POX,

Discovering as well the meanes how to preserve from the danger of these infectious Contagions, as also how to cure those which are infected with either of them.

LONDON,

Printed by *Gartrude Dawson*, 1652.



The Printer to the Reader.

THis Treatiſe hath paſs'd the view and approbation, both of judicious Phiſitians and Chirurgians, and hath been judged worthy to have a new veſture put upon him, and to be vindicated from the obſcurity and darkneſſe it hath lain involved and eclipſed in this many yeares; being collected out of the Authorities of the moſt excellent, both former and later Writers, and confirmed, ſtrengthened, and approved, by the late experiences of many well practitioned Chirurgians; being formerly commended to publick view, by the approbation of a late famous Servant, and Chirurgian to King *Iames* deceaſed; who ſeriouſly conſidering the facileneſſe of providing the Medicines, with their approvedneſſe in a neceſſitous time, and in places remote, both from

able Phisitians and Chirurgians, the danger of the present Infection requiring speedy help, to such as might have occasion to make use of these Medicines; not doubting, but the charitable intentions of the carefull Authour, publishing it on purpose for the publick good, shall find the acceptance of so necessitous a work, as is wished by

A. M.

The

The Author to the Reader.

WHereas there are divers Receits ſet down in this Book, which are written in Latine, in Characters uſed by Phiſitians and Apothecaries, which cannot ſo fitly be brought into our Engliſh phraſe; and becauſe their quantities are ſet down according to the Latine order obſerved in the making up their Receits preſcribed, I have, for the better eaſe and underſtanding of the Reader, ſet down the ſignification of their weights and meaſures, according to their Characters.

A Handfull is written thus	M. 1.
Half a Handfull thus	M. ß.
A little ſmall Handfull thus.	P. 1.
A Scruple thus	℈. 1.
Half a Scruple, x. Graines, or thus	℈. ß.
A Drachm thus	ʒ. 1.
An Ounce thus.	℥. 1.
Half an Ounce, or half a Drachm ℥. ß. ʒ. ß.	
A Grain thus	Gra. 1.
A Drop thus	Gut. 1.

The

The number of any thing thus Nu. 1. &c.
Half of any thing thus ℈.
A Pound, or Pint, thus lib. 1.
Twenty Graines make a Scruple.
Three Scruples make a Drachm.
Eight Drachms make an Ounce
Twelve Ounces a Phyſick Pound.
Ana. *is, of either of them ſo much.*
P. æ. *is, equall parts, or parts alike.*
S. a. Secundum Artem, *according to Art.*
So much as ſhall ſuffice is marked thus q. ſ.

A defensative against the Plague.

The first Treatise

Chap. I.

What the Plague is.

THe antient Phisitians in times past have greatly doubted, what the essentiall cause of this disease, which we commonly call the Plague or Pestilence, should be; yet all doe agree, that it is a pernitious and contagious Fever, and reckoned to be one of the number of those which are called *Epidemia*, chiefly proceeding of adusted and melancholy bloud, which may be easily perceived, by the extream heat and inflammation, which inwardly they doe feel, that are infected therewith; first assaulting the heart, and astonishing the vitall spirits, as also by the exteriour Carbunkles and botches which it produceth; whose malignity is such, both in young and old, rich and poor, noble and ignoble, that using all the meanes, which by Art can, or may be devised, yet in some it will in no sort give place, until it hath by death conquered the party infected therewith.

Chap. II.

Cause of the Plague.

THere are divers causes whereof this disease may proceed, as sundry Writers doe alledge, as by over great and unnaturall heat and drought, by great rain and inundations of waters, or by great store of rotten and stinking bodies, both

both of men and beasts, lying upon the face of the earth unburied, as in the time of warres hath been seen, which doth so corrupt the air, as that thereby our Corn, Fruits, Hearbs, and Waters, which we daily use for our food and sustenance, are infected: also it may come by some stinking dunghils, filthy and standing pooles of water, and unsavory smels, which are near the places where we dwell, or by thrusting a great company of people into a close, narrow, or streight room, as most commonly we see in Ships, common Gaoles, and in narrow and close lanes and streets, where many people doe dwell together, and the places not orderly kept clean and sweet. But most commonly, in this our time, it is dispersed amongst us, by accompanying our selves with such as either have, or lately have had the disease themselves, or at least have been conversant with such as have been infected therewith: But for the most part it doth come by receiving into our custody some clothes, or such like things, that have been used about some infected body, wherein the infection may lie hidden a long time, as hath been too too often experimented, with repentance too late in many places. It may also come by Dogs, Cats, Pigs, and Weasels, which are prone and apt to receive and carry the infection from place to place. But howsoever it doth come, let us assure our selves, that it is a just punishment of God, laid upon us for our manifold sins and transgressions against his divine Majesty: for as *Seneca* saith, *Quicquid patimur ab alto venit*, What crosses or afflictions soever we suffer, it cometh from the Lord, either for a triall of our faith, or a punishment for our sins. Wherefore to distinguish any farther thereof I think it needlesse, for my intent is in breif sort, so exactly as I can, to shew the meanes how to prevent the same, as also how to cure it when we are infected. But before I enter to treat thereof, I think it not amisse, to shew what forewarnings and tokens are given us before hand of the coming thereof, thereby the better to prevent the same by prayer and repentance.

Chap. III.

Warnings of the Plague to come.

Avicen a noble Physitian saith, that when wee see the natturall course of the ayre, and seasons of the year to be altered, as when the spring time is cold, clowdy, and dry, the harvest time stormy, and tempestuous, the mornings and evenings to be very cold, and at noon extream hot, these do foreshew the Plague to come. Also when we see fiery impressions in the firmament, especially in the end of summer, as comets and such like, and that in the begining of harvest we see great store of little frogs, red toades, and myse on the earth abounding extraordinarily: or when in summer we see great store of toades creeping on the earth having long tailes, of an ashy color on their backs, and their bellies spotted and of divers colours, and when we see great store of gnats swiming on the waters, or flying in great companies together, or when our trees and hearbs do abound with Caterpillars, Spiders, Moaths *&c.* which devoure the leaves on the trees and hearbs on the earth, it sheweth the ayre to be corrupt, and the Plague shortly after to follow. Also by the beasts of the field we may perceive it (especially sheep) which will go mourning with their heads hanging down towards the ground, and divers of them dying without any manifest cause known unto us. Also when we see young Children flock themselves together in companies, and then will faine some one of their company to be dead among them, and so will solemnize the buriall in a mournfull sort, this is a token which hath been well observed in our age to foreshew great mortality at hand. Also when we see rivers of water to overflow without any manifest cause, or suddenly vanish away and become dry: And when clear well-springs do suddenly become foule and troubled. Also when the small-Pox doth generally abound both in young and old people, all these do foreshew the Plague to come.

CHAP. III.

Sheweth how to prevent the Plague.

THere are three principall meanes how to prevent this contagious disease: The first and chiefest is to acknowledge our manifold sins and wickednes unto almighty God our heavenly Father, with a hearty repentance and amendment of our former sins committed against his divine majestie.

The second means is to fly far off from the place infected, and as *Rondoletius* saith, not over hastily to return thither again for fear of an after-clap: which saying is confirmed by *Valetius* in these words, *Nan enim morietur in bello, qui non est in illo*: and the farther from it, the safer shall we be, yet were it a very uncharitable course that all which are of ability should do so, for then how should the poor be relieved, and good orders observed: but for Children it were best to send them far off from the place, because their bodies are most apt to receive the infection, as also for that they cannot so continually use antidots and preservatives, which by their great heat may indanger them almost so much as the disease it self.

The third meanes consisteth chiefly in three points, which are these: Order, Diet, and Physicall helps. For the first you shall have a care that your houses be kept clean and sweet, not suffering any foule and filthy clothes or stinking things to remain in or about the same: and in summer season to deck your windowes, and strow your floors with sweet and wholsom hearbs, floures, and leaves, of Mints, Balme, Pennyroyall, Lavender, Thime, Majoram, red-Roses, Carnations, Gelliflowers and such like for your windowes, your floors to be strowed with green Rushes, and Mints, Oaken and Willow leaves, Vine leaves and such like: your windowes which stand towards the North and East, do you alwaies keep open in the day time, if the ayre be clear, and that no infected and unsavory smell be near the same, as Fogs, donghils, *&c.* and every morning before you open either your doors, or windowes, as also in the evening when you go to bed, cause a good fire to be made in your Chamber, and burn some odoriferous or sweet

ſweet perfumes in the middeſt thereof, as hereafter I will ſhew you, or in ſtead thereof ſome Juniper, Frankincenſe, Bay leaves, Roſemary, Lavender, Majoram, or ſuch like, which you muſt alwais have dried in a readineſſe, and ſo in the fume or ſmoke thereof to breath and perfume the clothes which you are to weare.

A good perfume in ſummer ſeaſon.

℞. Roſe water and Vinegar, of either ſix ſpoonfulls: Rinds of ſower Citrons and Lemons, Bay-leaves, of either the weight of two pence which is ℥ i. Camphire, the weight of three pence, which is ℥ ß.

The hearbs and rinds muſt be dried and put alltogether in a perfuming pan, or inſtead thereof a peuter diſh, ſet on a chafer of coles, will ſerve the turn.

Another good perfume in winter.

℞. Red-Roſes Majoram and Myrtles, of either a little handfull: Callamint, Juniper berries, Laudanum, Benjamin, Frankincenſe, of either ℥ i. which is the weight of ſeven pence.

The hearbs, berries, and Roſes being dried, muſt be made in groſſe powder, as alſo the gumms, and ſo mixed together, and when yee liſt, caſt ſome part thereof on a chafer of coales, and receive the fume thereof.

CHAP. V.

NOw having received the fume as aforeſaid, before you go forth of your chamber, eat ſome Cordial electuary or preſervative, as hereafter you ſhall find choiſe, which I have alwais uſed with good and happy ſucceſs; after taking of the Cordial waſh your face and hands with clean water, wherein you muſt put a little Vinegar, and then if you liſt, you may break your faſt with ſome good bread and butter, and in winter ſeaſon a potch'd Egg is good eaten with ſome Vinegar, and for plethoricke

rick and melanchole bodies, it were good to drink a draught of wormewood wine, in the morning fasting, because it resisteth putrefaction in the plethorick, and purgeth bilous matter in the melancholie.

An excellent good preservative which I have alwaies used with good successe.

℞. Conserve of Roses and Borrage floures, of either two ounces: *Minardus Mithridate*, *Andromachus triacle*, of either half an ounce: *Dioscordium*, two drachms, *Dialkermes* one drachme, Powder of the seed of Citrons pilled, one drachme, Sirrup of Lemons and sower Citrons, of either halfe an ounce.

Compound all these together in the form of an opiat, you may eat hereof every morning the quantity of three beanes, and drink a draught of Rennish wine, Beer, or Ale after it: but for Children and such as are of tender years, so much as a bean thereof is sufficient, and give them onely Beer or Ale after it: the taking hereof every second or third day will suffice, if you go not into any suspected company.

Another excellent good preservative.

℞. Kernils of Wallnuts and Figs, of either four ounces: Leaves of Rue, one ounce and half, Tormentill roots, four drachms, Rind of sowr Citrons, one drachme, right Bolarmoniak, six drachms, fine Myrrh, two scruples, Saffron, one scruple, Salt, half a drachm: Sirrup of Citrons and Lemons, four ounces.

The hearbs, roots, and rinds must be dried, the nuts must be blanched, and the bolarmoniack must be made in fine powder, and then wash'd in the water of Scabios, and dried againe, you must pound the figgs and wallnuts in a stone morter severally by themselves very small, all the rest must be made in fine powder, and so mix them altogether in the morter, and then add thereto sirrup by little and little, and so incorporate them altogether: you may give this in the same quantity, and in like sort as the other before.

Another very good.

℞. Of the confection aforesaid made with Nutts ℥. iiii. *Minaradis mithridate*, four drachms, *Andromachus Triacle*, ℥ ii. *fine terra Sigillata*, four scruples, Sirrup of Limons, ℥. i.

Compound all these together in the morter, as the other before, you may give hereof the weight of a groat or six pence, every second or third day, and drink a draught of Renniſh or white wine after it in Winter season, but in the heat of the yeer, Sorrel water is best, and in the Spring *Scabios* or *Carduus Benedictus* water.

Also, so much Triacle of *Andromachus* description eaten every morning as a bean, with a little conserve of Roses, is a very excellent good preservative.

Valetius doth greatly commend the taking of three or four grains of the Bezar stone every morning, in a spoonfull of *Scabios* water.

I cannot here sufficiently commend the Electuarie called *Dioscordium*, which is not onely good to resist the infection, but doth also expell the venemous matter of those which are infected, being taken every morning and evening the quantity of a bean, and drinke a draught of Renniſh or White wine after it in winter season, but in Summer a draught of Beer or Ale is best.

In strong and rustical bodies, and such as are dayly labourers, Garlick onely eaten in the morning with some Butter and Salt at breakfast, drinking a cup of beer or ale after it, hath been found to be very good, which is greatly commended by *Galen*, who calleth it the poor mans Triacle, but in the sanguine, daintie, and idle bodies it may not be used, because it over-heateth the bloud, causeth head-ach, and universally inflameth the whole body.

CHAP. VI.

NOw when you have taken any of the foresaid Preservatives, it were good and necessary to wear upon the Region of the heart, some sweet Bag or quilt that hath power to resist

resist venome, and also to carry in your hand some sweet Pomander, Nodule, or Nosegay, that will comfort the heart, resist venom, and recreate the vitall spirits, as here following is specified and set down.

An excellent quilt or Bag.

℞. Arsenike cristaline, ℥. i. *Diamargaritum frigidum*, ʒ ii. *Diambræ*, ʒ i.

You must grinde the Arsenike in small powder, and then with some of the infusion of Gum Dragagant in Rose water, you must make a paste, then spread it on a cloth which must be six inches long, and five inches broad, and spread it thick: then cover it with another cloth, and so quilt it together, which being done, fasten it in another bag of crimson taffetie or Sarsenet, and so wear it against the heart all the day time, but at night leave it off: and here you must take heed, that when you sweat, you doe take it away, for otherwise it will cause the skin to amper a little. There are some writers which doe utterly forbid the wearing of Arsenike, but thus much I can say, that I have given this bag unto divers to wear, with most happie and good successe, for never did I yet know any one that hath worn this bag, and used any of the Electuaries aforesaid, that hath been infected with the plague, but for any inconvenience or accident that hath happened thereby, I never found any hitherto, other then the ampring of the skin as aforesaid.

Another Bag.

℞. *Irios*, ℥ ß. *Calamus aromat. Ciperus*, *ana*. ʒ. i. ß. *Storax Calam.* root of Angelica, *ana*. ʒ. iii. Cloves, Mace, *ana* ʒ. i. Red roses dried, ʒ. iii. Pellemountain, Penniroyall, Calamint, Elder floures, *ana*. ʒ. i ß. Nutmegs, Cinnamon, Yellow Sanders, *ana* ʒ. i. *Nardi Italicæ*, ʒ. j. Amber greece and Musk, *ana*. six grains.

You must pound all these in powder, and then quilt them in a bag of Crimson Taffatie as aforesaid.

A Pomander good in the Summer time.

℞. The rind of Citrons, Red Roſes, Nenuphare Roſes, Yellow ſanders, *ana* ℥. ß. Storax liquid, Benjamin, *ana.* ℥. i. Myrrh ℥. ii. *Ladanum,* ℥. i. ß. Muſk and Amber, *ana.* ſix grains.

Powder all that is to be powdered, and then work them together in a hot morter with a hot peſtell, adding unto it in the working ſome of the Muſſelage of dragagant diſſolved in ſweet Roſewater, or Roſevinegar, and ſo make your Pomander.

Another good one for the winter time.

℞. Storax liquid, Benjamin, Storax calamint, *Ladanum,* and Myrrh, *ana,* half a drachm, Cloves one ſcruple, Nutmegs, Cinnamon, of each half a ſcruple. Red Roſes, Yellow Sanders, *Lignum aloes,* and *Ireos,* of each half a dram. *Calamus aromaticus,* rind of a Citron, *ana.* four grains, Amber greece, Muſk and Civet, of each ſix grains.

You may make up this as the other before with ſome Muſſelage of the infuſion of Gum dragagant, infuſed in Roſe water.

A good Nodule for the Summer ſeaſon.

℞. Floures of Violets, red Roſes, and Nenuphare, of each one drachm, Red, White, and Yellow ſanders, of each half a drachm. Camphire, xii graines.

Cauſe all theſe to be beaten in groſſe powder, then knit them all together in a peece of Taffetie, and when you will uſe it, then wet it in Roſewater and a little Vinegar, and ſo ſmell to it.

Another Nodule for the Winter ſeaſon.

℞. The dried leaves of Mints, Majoram, Thime, Pennyroyall, Lavender, Pellemountain and Balm, of each a little handfull. Nutmegs, Cloves, Cinnamon, Angelica roots, *Lignum aloes,* of each one drachm. Saffron, two ſcruples.

Cauſe

Cause all these to be infused in Rose-water and Vinegar one whole night, then wet a spunge in the liquor thereof, and knit it in a peece of Taffaty, or your handkerchief, whereunto you must smell oftentimes.

A Nosegay for the same purpose.

℞. Hearb grace, three branches: Rosemary, Majoram, Mints, and Thime, of either one branch: Red-Rose buds and Carnations, of either three or four.

Make your nosegay herewith, then sprinkle him over with Rose-water, and some rose-Vinegar, and smell often unto it. Also when you suspect to go into any dangerous or infected company, do you alwaies carry in your mouth a peice of the root of Angelica, the rind of a Citron dried, or a great Clove, which must be first infused or steeped one whole night in rose-water and Vinegar.

CHAP. VII.

FOr that there is not a greater enemy to the health of our bodies then costiveness, both in the time of the Plague and otherwise, I have here set down how and by what meanes you may keep your self soluble, which you must use once four and twenty hours, if otherwise you have not the benefit of nature by custome.

A Suppository.

Take two spoonfulls of Honey, and one spoonfull of Bay-Salt small pounded, boyle them together untill it grow thick, alwaies stirring it in the boyling, then take it from the fire, and if you list you may add one drachm of *Ihera picra simplex* unto it, and so stirre them well together, and when it is almost cold, make up your suppositories of what length and bigness you list: and when you minister any, you must first annoint it with Butter or Sallet oyle: you may keep these a whole year if you put them in Barrowes mort or grease, and so cover them up close therein.

A good Glister.

℞. Mallowes, Mercury, Beets, Violets, Red-Fennell, of either one handfull; Seeds of Fennell, Annis, Coriander, of either one drachm.

Boyle all these in a sufficient quantity of Water, untill half the water be consumed, then straine it, and keep it in a glasse close stopt untill you need, for it will keep a whole week. Take of the same decoction, a pint.

℞. *Mel Rosarum*, or common Honey, one spoonfull: Oyle of Violets or oyle of Olives, three ounces, Salt, one drachm, The yolk of an Egg or two.

Mixe all these together in a morter and so give it warm in the morning, or two hours before supper; and if you add unto this one ounce of *Diacatholicon* it will be the better.

Raisins laxative how to make them.

℞. White-Wine, three pints and a half, *Senna*, half a pound, Fine white sugar, one pound, Currants, two pound. You must infuse the *Senna* in the wine in a pot close stopt, and let it stand in a warm place four and twenty hours, then strein it and add to the straining the Currants, being clean pickt and washt, and lastly the Sugar, boyle all together on an easie fire, untill the wine be consumed, having care that you do alwaies stirr it about in the boyling for feare of burning, then take them from the fire, and put them up into a clean galley pot, you may eat one spoonfull or two of them a little before dinner, at any time.

A good Oyntment to keep one Sollible.

The gaule of an Oxe, Oyle of Violets, of either one ounce: Sheeps tallow, six drachms.

Boyle them together on a soft fire untill they be incorporated, then take it from the fire and adde thereto *Aloes cicatrine*, one ounce. Bay-Salt half an ounce.

The Aloes and Salt must be both made into fine powder before you put them into the oyle, then stirr them together untill it be cold, and when you are disposed to have a stoole, then annoint your fundament therewith, both within side and without, and if you annoint your navell therewith, it will work the better.

Good pills to keep one soluble, and they do also resist the Pestilence.

℞. *Aloes Cicatrine*, one ounce, Chosen Myrrh, three drachms, Saffron, one drachm and half, Amber-Greece, six graines: Sirrup of Lemons or Citrons, so much as shall be sufficient to make the masse.

You must grinde the Aloes, Myrrhe, and Saffron into small powder severally by themselves, then incorporate them together with the sirrup: you may give half a drachme or two scruples thereof in the evening half an hour before supper twise or thrise in a week: *Rases* would have you to take half a drachme or two scruples of these Pills every day, without using any other preservative at all, and he hath great reason so to esteem of them, for *Galen*, *Avicen*, and all ancient Writers in Physick do hold opinion, that Aloes doth not onely comfort, but purge the stomack from all raw and cholerick humors, and doth also purge and open the veines called Miseraycks, and resisteth putrefaction: Myrrh doth altogether resist, neither will it suffer putrefaction in the stomack: Saffron doth comfort the heart, and hath also a propriety in it to carry any medicine that is given therewith unto the heart, but to conclude, these Pills will purge all superfluous humors in the stomack, and principall members, and preserveth the bloud from corruption.

Chap. VIII.

I Must here give you to understand that the infection doth oftentimes lie hidden within us, without any manifest sign or knowledge thereof at the first, and therefore were it good for sanguine bodies, and such as do abound with bloud, in the summer

summer season to draw six or eight ounces of blood out of the Basilica vein in the right arme, which is a good meane to prevent a further danger, (as *Avicen* witnesseth) but for full and plethorick bodies, it were best to purge themselves once in seven or eight daies with some easie and gentle purgation, as hereafter I will shew you: but for leane and spare bodies, once in fourteen dayes will be enough at most: for wisely saith *Rondeletius*, that it is not onely the venemous and contagious ayre which we receive that doth kill us, but it is the present communicating of that contagion with some superfluous humours in our bodies, as in his treatise *De Peste* appeareth: therfore now will I shew you how to purge the body.

Pills good to purge.

℞. *Aloes Cicatrine*, ten drachms, *Agarick* of the whitest, ℥ iiii. Myrrh, Mastick, of either two drachms: Saffron two scruples.

Make these into fine powder, then compound them together in a morter, with so much Oximell simplex, Sirrup of Lemons, or of Stœcados, as shall be sufficient, you may give one drachm, or a drachm and half of these Pills, half an hour before supper: but for a choleriek body, you must leave out two drachms of the Agarick in making of the receipt, and in place there of add two drachms of Rubarb, and for the melancholie, two drachms of Epithimum, and give the same quantity in weight.

A good purging potion.

℞. Raisins, the stones being picke out and washt, of either one ounce: Polipode of the Oak, Elecampane root dried, roots of wild small Sorrel, Succory roots cleansed, of either half an ounce: Leaves of Burrage, Bogloss, Burnet, Scabios, Morsus diaboli, of either a little handfull: Floures of Burrage, Bugloss, Rosemary, Violets, Broom, of either a little handfull: Seeds of Fennell, sowr Citrons, of either two scruples: Shaving of Harts horn, half a drachm.

Boyle all these in a sufficient quantity of faire water untill

half be consumed, then strain it. Take of the decoction aforesaid, three ounces.

Rubarb, two drachms and half, Cinnamon, half a drachm.

Slice them both, and put them with the liquor in a close cup, and so let it stand to infuse in a warm place twelve hours, then strain it out strongly, and add thereto one ounce of the Sirrup of Maiden-haire, and so drink it warm in the morning about six of the clock, and refrain from meat, drink, or sleep two hours after it, this is good in lean and spare bodies: you may for the phlegmatick body, add in the infusion, one drachm of Aggarick Troscisicated.

A purging powder for such as cannot take Pills.

℞. *Alloes Ciccatrine*, one ounce, Myrrh, Cinnamon, of either two drachms, Saffron, one scruple.

Make them all in fine powder, and give one drachm in a draught of White-wine.

Flowres stopt, how to provok them.

For that women which have not their naturall course on them, are most prone to receive and take the infection, I have here set down good Pills, which I have alwaies found excellent, not onely for that purpose, but will also resist the danger of infection.

℞. *Alloes Ciccatirne*, one ounce, Roots of Gentian, *Aristolochia rotunda*, *Dittander*, Saffron, of either half a drachm: Roots of garden Madder, Methridate, of either one drachm.

Cause them all to be ground in small powder, then mix it with the Methridate and some sirrup of *Artemesia*, or Mugwort, give one drachm of these Pills every morning twelve dayes together, or untill her tearms break.

Issues commended against the Plague.

IN plethorick and full bodies, I have found nothing more safer in the time of the Plague, then to make them an artifi-

ciall Issue, either in the leg or arm, for never hitherto have I known any one which hath had an Issue, or Ulcer running on him that hath been infected with the plague. *Palmarius* and *Forestus*, doe both affirm it to be true and certain, but here some ignorant people doe hold opinion that having once an Issue, he must be constrained to keep it alwaies, which is most erronious, for then those which have had Ulcers running upon them, some six, ten, yea sixteen yeers, may not be cured without some Issue to be made in some other place, but therein they deceive themselves, for my self by good proof have often found the contrary in divers people which I have cured, some six, some ten, yea sixteen yeers past, and yet to this day doe remain in perfect good health without any Issues.

CHAP. IX.

What Diet we ought to keep.

FOr our diet as *Hippocrates* teacheth us, we must have a care not to exceed in eating and drinking but to keep a mean therein, and in any case to beware of surfeting and drunkennes, which are enemies both to the body and soule, but as we may not exceed in eating and drinking, so to endure great hunger and thirst is most dangerous, our meat ought to be of a facile and easie digestion, partly tending to a drying qualitie; as Cocks, Capons, Hens, Pullets, Partridge, Pheasants, Quailes, Pigeons, Rabbets, Kid, Veal, Mutton, Birds of the Mountains, and such like; but Beef, Pork, Venison, Hare and Goats flesh is to be refused, and so are all water fowls, as Duck, Swan, Goose, Widgen, Teal, and such like, because they are hard to digest, and do increase ill blood, and naughtie juyce in the bodie: Lambs flesh, because of his exceeding moisture is also to be refused, Eggs in the Summer not good, but in Winter tolerable: All Fishes which are of a hard flesh, whether they be of the Sea, or fresh Rivers are to be allowed. In fresh Rivers the Perch, Barble, Gudgeon, Loch, Cool, Trout, and Pike are good; and for Sea fish, the Gilthed, Turbet, Sole, Rochet, Gurnard, Lobster, Crab, Prawnes, Shrimps, Whiting, and such like eaten with

pepper

negar. There are some Authors which hold opinion, that Fish is better to be eaten then flesh in the great fervent heat of the year, because they doe make a more cold blood in the body then flesh; another reason is, because they doe live under the water, they are not infected with any contagion of the aire, as Beasts and birds may be, and therefore more wholsome, but in my judgement flesh is more wholsome, because it doth breed a more pure, and fine Juyce in the body then any Fish whatsoever; your bread ought to be made of pure wheat, not too new, nor too old, but of one dayes baking, or two at most is best: Rie bread is to be eschewed, because of his great moisture: your drink is best beer or ale, not too strong or new, but the staler and clearer it is the better, at your meals a draught or two of Claret wine is tolerable, but in hot weather it were good to allay it with a little water, for wine doth warm the stomack, help digestion, and comfort the heart.

For your Pottage you may take in the Summer.

Parsly, Lettice, Sorrell, Endive, Succorie, Sperage, Hop-buds, Burnet, Borrage, Bugloss, Thime, Mints, Hyssop, but in Winter; Balm, Bittanie, Thimie, Marigold, Hyssop, Majoram, Mints and Rue are good. For your Sallets take Pimpernell, Purslane, Mints, Sorrell, Hore-hound, Yong cole, Hop-buds, Sperage, Thime, Tops of Fennell, Tarregon, Lettice, and Water-cresses are good.

Capers are greatly commended being preserved in Vinegar, and eaten with a little oyle and vinegar, and so are Olives very good also.

For your sauce, the juyce of a Limon, Citron, or Orange is best, the juyce of Sorrell and Vinegar is also good.

All raw fruits are to be refused, except those which tend to sour things as Pomgranates, damask Prunes, Pippins, red and sour Cherries, and Wallnuts, Quinces, and Peares preserved are very good eaten after meals.

All kind of Pulse is to be refused, as Beans, Pease, and such like, because they increase winde, and make raw humours and ill juyce in the bodie.

Refrain

Refrain from Garlick, Onyons, Leeks, Pepper, Mustard and Rocket, because they doe over-heat the body, make adustion of the bloud, and cause fumes to ascend into the head.

Cheese is not good, because it doth ingender grosse and thick humors. Milk is also to be refused, because it doth quickly corrupt in the stomack.

Chap. X.

Sheweth what Exercise and Order is to be kept.

YOu must beware of all vehement and immoderate exercise, which doth provoke sweat, as is Tennis, dancing, leaping, running, foot-ball, hurling, and such like, because they doe over-much heat the body, and open the Pores of respiration, whereby the infected aire hath the more scope to enter our bodies, but moderate exercise is very convenient, the use of hot houses at this time I thinke very dangerous, because it doth too much open the pores.

Walk not into the open ayre in the morning before the Sun hath had some power to cleanse and clear the same, and in any case goe not abroad when great fogs and mists are upon the earth, for it is dangerous: but if urgent occasions move you, then before you goe forth of your doors be sure to eat some preservative first, and then take some good and odoriferous Pomander, Nodule, or Nosegay in your hand, as before is shewed you. The extream heat of the day is likewise to be refused to walk in, because it chafeth the bloud: also in the evening after the Sun is set, for then unsavory and unwholsome Fogs arise out of the earth, and in any case if you can avoid it come not neer any any place infected, but use to walk in the open aire and dry ground.

Use *Venus* combates moderately, but none at all were better, the best time to use them is three or four hours after supper, before you sleep, and then rest upon them.

Beware of anger, fear, and pensiveness of the minde, for by their means the body is made more apt to receive the infection.

Use pleasant and merry recreations, either with musick,

pleasant

pleasant company to talke withall, or reading some good bookes.

Bewar of sleeping at noon, but specially in the Winter season, but in Summer to take after dinner a nap of half an hour or an hour is tollerable in elderly bodies.

Watch not long in the evenings but two or three hours after supper is a good time to take your rest.

CHAP. XI.

Teacheth what orders Magistrates, and Rulers of Cities and Townes, should cause to be observed,

FIrst, To command that no stinking dunghills be suffered near the City.

Secondly, Every evening and morning in hot weather to cause cold water to be cast in the streets, especially where the infection is, and every day to cause the streets to be kept clean and sweet, and cleansed from all filthy things which lye in the same.

Thirdly, And whereas the infection is entered, there to cause fires to be made in the streets every morning and evening, and if some Frankincense, Pitch, or some other sweet thing be burnt therein, it will be much the better.

Fourthly, Suffer not any Doggs, Catts, or Pigs to run about the streets, for they are very dangerous, and apt to carry the infection from place to place.

Fifthly, Command that the excrements and filthy things which are voided from the infected places be not cast into the streets or rivers which are daily in use to make drink, or dresse meat.

Sixtly, That no Chirurgians, or Barbars which use to let blond, do cast the same into the streets or rivers.

Seventhly, That no Vauts or Privies be then emptied, for it is a most dangerous thing.

Eighthly, That all Inholders do every day make clean their stables, and cause the dung and filth therein to be carried away out of the City: for by suffering it in their houses, as some do use to do, a whole week or a fortnight, it doth so putrifie that when

when it is removed, there is such a stinking and unwholsome smell, as is able to infect the whole street where it is.

Ninthly, To command that no Hemp or Flax be kept in water near the City or Town, for that will cause a very dangerous and infectious savour.

Tenthly, to have a speciall care, that good and wholsome Victuals and Corn be sold in the markets, and so to provide, that no want thereof be in the City, and for such as have not wherewithall to buy necessary food, that there to extend their charitable and godly devotion: for there is nothing that will more increase the Plague, then want and scarsity of necessary food.

Eleventhly, To command that all those which do visite and attend the sick, as also all those which have the sickneſse on them, and do walk abroad, that they do carry something in their hands, thereby to be known from other people. And here I must advertise you of one thing more which I had almost forgotten (which is) that when the infection is but in few places, there to keep the people in their houses, not suffering any one of them to go abroad, and so to provide, that all such necessaries as they shall need may be brought unto them during the time of their visitation: and when it is staied, then to cause all the clothes, bedding, and other such things as were used about the sick, to be all burnt, although at the charge of the rest of the Inhabitants you buy them all new, for fear least the danger which may ensue thereby, do put you to a far greater charge and grief: all these aforesaid things are most dangerous, and may cause a generall infection, to the destroying of a whole City, and therefore I do wish that great care be had thereof.

Chap. XII.

Doth shew what you must do when you go to visite the sick.

First before you enter into the house, command that a great fire be made in the chamber where the sick lieth, and that some odoriferous perfume be burnt in the midest of the chamber, and before you go to him, eat some cordiall preservative, and smother your clothes with some sweet perfume, then wet

your temples, eares, nose, and mouth, with Rose-water and Vinegar mixt together, then take in your mouth a peice of the root of *Angelica*, the rind of a fower Citron, or a Clove prepared as before is shewed, and have some Nosegay, Nodule, or Pomander, appropriate in your hand, which you must alwaies smell unto, so may you the more bouldlier performe your intent: but herewithall you must have a speciall care, that during the time you are with the sick, you stand not betwixt the sick body and the fire, for that is dangerous; because that the fire of his nature draweth all vapors unto it self; but keep you alwaies on the contrary side, so that the sick may be betwixt you and the fire: and for such as are to let any sick infected body to bleed, it were good they did cause the keeper of the sick body to lay open that arme or legg which is to be set bloud before he approach near: the reason is, for that most commonly all that are sick in this contagious disease, are for the most part in a sweat, and therefore suddenly to receive the breath thereof, would be very dangerous.

Now when you have been with any one so infected, before you go into the company of any whole and found people, it were necessary you do stand by a good fire, having all the clothes about you which you did wear when you were with the sick, and then turn and aire your selfe well thereby, so shall you be sure the lesse to endanger others by your company. Thus have I as breefly as I can devise set down all the ordinary meanes which my self have used, and by others known to be used for preserving you from this contagious and dangerous disease, which in the most part of people will suffice, but for such as dwell whereas they may have the counsell of a learned Physitian, I do wish them to take his advice, especially for purging and letting bloud, because none can so exactly set down in writing the perfect course thereof, (which may be understood rightly of the common sort) so well as he which hath the sight of the body: for that many bodies are oftentimes troubled with some one humour abounding more then another, which here to treat of would be too tedious, neither can it profit the common people, for whose sakes I have taken this paines: and now will I shew the signes to know when one is

infected

infected therewith, as also which are the laudable signes, and which are the contrary, and lastly the meanes (by God his assistance) how for to cure the same.

CHAP. XIII.

Sheweth the signes of infection.

THe signes and tokens hereof are divers, as first, it is perceived by the suddain weakneſſe, loosing and overthrowing of our naturall strength, without any manifest cause thereof going before, and sometimes it doth begin with a gnawing and biting in the mouth of the stomack, the pulse will grow weak, feeble, and unequall, with a great streightneſſe and heavineſſe about the heart, as if some heavie burthen or weight were layd thereon, with shortneſs of breathing, vomiting, or at least a great desire to vomit, great pain in the head: insatiable thirst proceeding of their great interior heat: sluggishnes, and universal faintneſs of all the body, with a great desire to sleep, and an astonishment of the mind and vitall spirits: and for the most part they complain of a great paine which is felt in some one place or places of their bodies, where the botch or blaine is by nature intended to be thrust forth, yet some at the first have them appearing: and for the most part, they are taken at the first with a sharp and rigorous feaver.

Good signes.

When the botch or Carbunkle cometh out in the beginning of the sickneſſe with a red colour, and yellowish round about it, and that it doth quicklycome to maturation, the feaver to ceaſe, and the party findeth himself eased of his grief, and quickned in his spirits, these are good and laudable signes of recovery.

Evill signes.

When the botch at the first commeth out blackish, or black in colour, also when the botch is opened, the fleſh within doth look blew, and that then there appear not any matter or quiture

ture in the wound, but as it were a spume or froth issuing out thereof, are ill and deadly signes.

When the botch waxeth so hard that by no means it will come to suppuration, but resisteth whatsoever is done unto it for the furthering thereof, and so returneth in again into the inward parts suddenly, is a token of sudden death at hand, and so it is, if either before or after it is broken it look of a blewish colour, or of divers colours, like the Rainbow, round about it.

When the Carbunckle or Blain doth suddenly dry up, as if it were scorcht with the fire, and that the place round about it doth shew to be of a wannish blew colour, is a deadly signe: if in the skin appear green or black spots, the excrements of divers colours with worms in it either dead or living, having a vile stinking savour, and spitteth stinking and bloudy matter, doth betoken death.

When the sick complaines of great and extream heat in the inward parts, and yet cold outwardly, the eyes staring or weeping, the face terrible, the said excrements or urin passing away, and the party not knowing thereof, are evill signes.

When in the fourth or seventh day they are taken with a frensie, or do fall into an extream bleeding at nose, or have a great flux with a continuall vomiting, or a desire to vomit and do it not, extream pain at the heart, watchfullnes, and the strength clean gone, are deadly signes. When the party being very sick, yet saith he feeleth himself well, his eyes sunk deep in his head, and full of tears, when he thinks all things do stink, his nailes looking blew, the nose sharp, and as it were crooked, the breath thick and short with a cold sweat in the brest and face, and turning and playing with the clothes, the pulse creeping or scarcely to be felt, and greivous unto him to speak, these are infallible signes of death at hand. Some, before any of these signes are perceived, do dy, and some likewise which have divers of them appearing, and yet do escape, such is the uncertainty of this disease: there are many other symptoms which do happen in this contagious disease, which would be too tedious to declare, but these as the chiefest may suffice.

The end of the first Treatise.

The

The Second Treatise, shewing the meanes how to cure the Plague.

Chap. I.

When we perceive any to be infected with this contagious disease, we must with all possible speed seek all the meanes we can how to prevent the malignity thereof, whose property is at the first to assault the principall part, which is the heart, and therefore requires present help; for unlesse something be done within eight or four and twenty houres, little will it then prevail to attempt it; for by that time nature is either subdued, and clean overthrown, or else hath thrust the same to the exterior parts, or otherwise digested it: yet may we not neglect at any time, to use all the meanes we can, in helping and furthering of nature to the uttermost of our indeavour, because we doe oftentimes see nature so wearied, and weakened in expelling of this venemous matter, that unlesse some help be added to assist and comfort her, the party, for lack thereof, dyeth, which otherwise might be saved: For I have oftentimes seen by diligent helping of nature, that to be effected and brought to good passe, which I have judged most desperate. There are foure intentions required for the curing thereof; that is, by bloud-letting, Cordials, sweat and purging: but the manner how to execute the same, hath bred great contention both amongst the old and later Writers, which here to treat of were too tedious, for unto the learned it were needlesse, and for the commonalty little would it availe them, therefore in breif will I shew you what I have observed touching the cure.

First, if it be in a Plethorick, sanguine, and strong body, and hath pain in the head, great heat at the heart, thirstnesse, the pulse strong, and labouring, or beating strongly, and hath great and large veines appearing; these ought presently to be let bloud in that side where yee perceive the greif doth proffer

ser it selfe to come forth, and not visibly appearing, tending to maturation: For then we may not draw bloud, but use all other meanes we can devise, in helping nature to expell it, neither may you draw bloud, if the party have a flix or lask (which is an evill sign) in the beginning of the disease, for by that meanes you shall hinder nature greatly, but only give the party Cordials; neither may you stop the flix in the beginning, but if it be extream, and that it stay not the second day, then must you give some purgation, which may leave an astringency behind it, as hereafter in the cure of the flix shall be shewed. For as *Hyppocrates*, in his first book and one and twentieth Aphorisme, doth admonish us, we must consider and mark, how nature doth incline her self, for that will teach us what we are to doe.

Now if you perceive the botch or carbunkle to appear underneath the chin about the throat, then presently draw bloud in both veines under the tongue, and immediately after that apply a cupping glasse, with scarification in one side of the neck next unto the sore, thereby to draw it from the throat, for fear least suddenly it choke him up, and then apply Chickens rumps, or Hens rumps to the botch, the feathers being first pluckt away from the rump, and a grain of Salt put into the tewell, and so hold the bare place to the greif untill the Chicken die, which will be within half an hour, and then apply another, and so continue in changing them so long as they doe die, and lastly apply a mollificative Cataplasme or plaister to the same place, as in the fift Chapter following is shewed, which is made with *Unguentum basilicon*, and to the botch apply the *Epithemation* and Cataplasme in the seventh Chapter following. But if it be in the neck, he doth complain, then let him bloud in the *Cephalica* vein in the arm, of the same side where he complaineth.

If in the groin or flanke he doth complain, then let him bloud in the foot on the same side, and open the vein called *Maleola*, or *Saphena*, the quantity must be according as the age and strength of the party requireth, but at most draw not above six or eight ounces: For *Avicen* willeth us, to preserve bloud as the treasure of nature.

But

But in a weak, spare, and cachochimious body (as *Galen* teacheth us) we may not draw bloud at all, for thereby should you greatly indanger the Patient, but help such by Cordials and sweat.

And here you shall understand, that unlesse Phlebotomy be done at the first, that is, within six or eight houres at most, it will be too late to attempt it, neither may you doe it if the sore doe appear up in height tending to suppuration, for then should you hinder nature, which like a diligent workman, hath discharged and thrust forth that venomous matter, which otherwise would have killed us.

And here touching Phlebotomy or bloud-letting, you must have this speciall care, that you draw not bloud on the opposite side, as if it be on the left side the sore appear, then draw not bloud on the right side; if it appear in the flanke, then draw not bloud in the arme, but in the foot, for otherwise you shall draw that venomous matter from the ignoble unto the noble parts, and so kill the body.

And although the party complain not more in the one side then the other, yet by the pulse shall you perceive on which side the venome lieth hidden, for on that side where nature is oppresst, there shall you find the pulse more weak, feeble, and uneven, greatly differing from the other side.

And here you shall understand, that in some it hath been seen, that nature of it self at the first, hath thrust out that venomous matter in some place of the body, with a botch appearing high, and tending to suppuration, or a carbunckle, or spots called purples. Now here if you draw bloud, you doe then greatly indanger the body; but in this case you must onely give Cordials, and use all the meanes you can to bring it outward, either by maturation, or evaporation, as hereafter shall be shewed you.

And here you shall further understand, that where the age, constitution, nor strength of the party will permit that Phlebotomy be done, yet for the better help of nature you must apply Ventoses, with reasonable deep scarification, unto the next place adjoyning, where the party complaineth, thereby the more speedily to draw the venomous matter unto the superficiall

perficiall parts, and there to apply the rumps of Chickens, as before is taught you, and so apply to the place some strong maturative, and attractive plaister, or Cataplasme, as hereafter shall be shewed you. If the greif be in the head or throte, then apply Ventoses to the neck: If it be in the emunctuaries of the heart, then apply them to the shoulders: If in the emunctuaries of the liver, then apply them to the buttocks or thighs, now when this is done, either by Phlebotomy, or Ventoses, then within an hour or two at the most after it, you must give the sick some good Cordiall Medicine, which hath power to comfort the heart, resist the venomous matter, and also procure sweat, whereof out of the following you may make choice as you list.

An excellent good Powder to expell the Plague, which also provoketh sweat.

℞. Roots of *Gentian*, *Bittanie*, *Petasitis*, *ana*, ʒ. i. Roots of *Tormentill*, *Dittander*, *ana*, ʒ iii. Red Sanders ʒ. ß. Fine Pearle of both sorts, *ana*, ʒ. i. Fine *Bolarmoniack* prepared, fine *Terra sigillata*, *ana*, ʒ. vi. Rindes of Citrons, red Corrall, Roots of *Zedoiar*, shaving of *Ebony*, bone of a Stags heart, *ana*, sixteen graines: Fragments of the five pretious stones, *ana*, ʒ. ß. Shaving of a Unicorns horn, *Succini*, *and* ʒ. ß. Leaves of Gold and Silver, *ana*, one and half in number,

Make all these in fine powder, every one severall by himself, and then mix them all together, and give thereof ʒ. i. or ʒ. iiii. more or lesse as occasion requireth, either in Sorrell, *Scabios*, or *Cardui benedicti* water two or three ounces, whereunto you must adde a little Sirrup of Lemons, or sour Citrons, and give it warm, the *Bolarmoniack* must be pounded small, then washed in *Scabios* water, and so dryed.

Another good Powder.

℞. Leaves of *Dittander*, called *Dictami cretici*, Roots of *Tormentil*, *Bittanie*, *Pimpernell*, *Gentian*, *Zedoiar*, *ana*, ʒ. i. *Terra lemnia*, *Aloes Cicatrina*, fine Myrrh, Rinds of sour Citrons, *ana*,

ana ʒ i. Mastick, Saffron, *ana*, half a drachm. Bolarmoniack prepared as beforesaid, ʒ ii.

All these must be made in fine pouder, and so mixt together, you may give two scruples, or one drachm thereof with any of the aforesaid waters.

A good Opiat to expell venome, and provoke sweat.

Conserve of the floures of Burrage, Bugloss, Violets, Bittanie, *ana*, ℥. ii. *Venus* Triacle ℥. ii. Red *Terra sigillata*, *Terra lemnia*, Mithridate, *ana* ʒ. i. Shaving of Ebonie, And Harts-horn, Orient Pearls, Roots of Tormentill, *ana* ʒ i. Shaving of Unicorns horn, Root of Angelica, *ana* half a drachm. Sirrup of the Juice of small Sorrell and Bugloss, *ana*, so much as shall suffice.

Mix all these togethier in the form of an Opiat, then take of the same Opiat, one drachm and half. *Scabios* water, Balm water, *ana* ʒ ii.

Dissolve the Opiat in the waters, and drink it warm, then walk a little upon it, and then goe to bed and sweat.

Another excellent good means to expell the venom, and procure sweat.

Take a great white Onyon, and pick out the coar or middle of him, then fill the hole with good *Venus* Triacle, or *Andromachus* Triacle, and *Aqua vitæ*, then stop or cover the hole of the Onyon again, and rost him in the hot ashes untill he be soft, then strein it strongly through a cloth, and give it the sick to drinke, and the rest that remains, pound it small, and apply it to the sore, and sweat upon it.

Now when he hath taken any of the aforesaid Cordials, if he chance to vomit it up again, then wash his mouth with Rosewater and Vinegar, and then give him more of the same again, which must be proportioned according to the quantitie vomited, for if all were vomited, then give so much more; (if lesse) then according to the quantity vomited, and if he vomit that also, then give him more, and so continue it

to the third or fourth time, if cause so require, but if at no time he doe retain it, then is there small hope of recovery; I have known divers, which have vomited their Cordials three or four times, and at last, giving the juyce of the Onyon as aforesaid, hath kept that, and sweat upon it, and so recover their health.

Also *Minarhus* Triacle, or *Andromachus* Triacle being taken two Scruples with one Scruple of *Diascordium*, and dissolved in two or three ounces of this water following; or *Cardui benedicti*, Sorrell, and *Scabius* water, hath been found excellent good and available, both to procure sweat, and expell the venomous matter.

An excellent good water against the Plague, and divers other diseases, which is to be made in May *or* June.

Take *Angelica*, *Dragons*, *Scabius*, *ana* three handfuls. Wormwood, Sage, Salendine, Mugwort, Rue, Rosemary, Varvein, Endive, Mints, *ana* one handfull. Tormentill, Pimpernell, Agrimonie, Bittaine, *ana* two handfulls. St. Johns wort, Fetherfew, and Pionie, *ana* a little handfull.

You must mix all these hearbs together, then bruise them in a stone morter grosly, then put them into a clean vessell of glasse or earth, and add thereto a pottle of White wine, or three quarts, a pint of Rose water, and a pint of Vinegar: then mixe them well together, and presse down the Hearbs close together with your hands, then stop the pot close, and so let it stand to infuse two dayes and two nights, then distill it in a stillatorie, this water hath been found excellent good, both to preserve one from the Plague, being drunk three or four spoonfuls of it in the morning fasting, as also to expell the disease, being drunk with any of the Cordials aforesaid.

Chap. II.

Sheweth what is to be done after taking of the Cordiall.

NOw so soon as the partie hath taken his Cordiall, (if he be able) cause him to walke upon it in his chamber a

pretty

prettie while, then lay him into his naked bed, being first warmed if it be in cold weather, and so procure him to sweat, but in any case have a speciall care to keep him from sleep all that day, because thereby the bloud and vitall spirits are drawn to the inward parts, and there doth hold in the venomous matter about the heart; but if the sore appear, or be perceived to present it self in any place neer the heart, then to defend the malignity thereof before he sweat, it were good to annoint the place betwixt the region of the heart and the sore with Triacle, or with this Unguent following.

A good defensative Unguent.

Take Triacle, ℥ ß. *Terra Lemnia*, Red sanders, *ana* ʒ. i. Mix them together with a little Rose-water and Vineger in a morter, to the form of an Unguent, and so use it as aforesaid.

And unto the sore place apply chickens rumps, as before hath been told you, and then annoint the place grieved with Oyle of Lillies; and then Epithemate the heart with any one of these Epithemations following.

Epithemation.

Take the Powder of *Diamargaritum frigidum*, ʒ i. *Triasandalum*, ʒ. vi. *Ebeni*, ʒ ii. Saffron, ʒ. ß. Lettice seed, ʒ i. Waters of Roses, Bugloss, and Sorrel, *ana* ℥ vi. Vinegar ℥. ii. boil them altogether a little.

Another.

Take the waters of Roses, Balm, Bugloss, *Cardum benedictus* and white wine, *ana* ℥ iiii. Vinegar of Roses ℥ ii. Powder of red Roses, Cinnamon, *Triasandalum*, *Diamargaritum*, *Frigidum*, *ana* ʒ ß. *Mithridatum*, ʒ i. Triacle, ℥ ß. Boil them together a little, and being bloud warm, Epithemate the heart therewith, which being done, then procure him to sweat, and after sweat, and the body dryed, then apply this quickly to the heart.

A Quilt for the Heart.

Take the floures of Nenuphare, Burrage, Bugloss, *ana*, a little handfull: Floures of Balm, Rosemary, *ana* ℥ i. Red sanders, Red coral, *Lignum aloes*, Rinde of a citron, *ana*, ℥ i. Seeds of Basil, Citrons, *ana* ℥ i. Leaves of Dittander, Berries of Juniper, *ana* ℥ i. Bone of a Stags heart, half a scruple, Saffron, four grains.

Mixe all these in grosse powder, and put them in a bag of crimson Taffetie, or Lincloth, and lay it to the heart, and there let it remain. All these things being done, then procure him to sweat, having a good fire in the chamber, and windowes close shut, and so let him sweat three or four houres more or lesse, or according as the strength of the sick body can endure, and then dry the body well with warm clothes, taking great care that the sick catch not cold in the doing thereof, and then give him some of this Julep following, and apply the aforesaid quilt or bag to the heart.

A cordiall Julep.

Take Waters of Endive, Purslane, and Roses, *ana*, ℥. ii. Sorrell water, half a pint, Juyce of Pomgranats, and for lack thereof Vinegar, ℥ iiii. Camphire ℥ iii, Sugar, one pound. Boil all these together in the form of a Julep, and give three or four spoonfuls thereof at a time.

Another Julep.

Take Sirrup of Ribes, Sorrell, Nenuphare, *ana* ℥ i. Juice of Limons, ℥ i. Sorrell water, ℥ viii. Mix all these together, and take two or three spoonfuls thereof oftentimes, which will both comfort the heart, and quench thirst.

And if in the time of his sweat he be very thirstie, then may you give him to drink a Tysane made with water, clean Barly, and Licorice scrapt clean and bruised, boil them together, then strein it, and unto a quart of the liquor add three ounces of Sirrup of Limons, and give thereof at any time; small beer

beer or ale is also tolerable, or you may give a spoonfull of this Julep following at any time.

A Julep to quench thirst.

℞. Sorrel-water, four ounces, Burrage-water, Scabios water, of either one ounce, Sirrup of Lemons and sowre Citrons, of either one ounce.

Mix all these together and so use it as occasion requireth at any time: and give oftentimes a cake of *Manus Christi*, made with Perls for him to eat. But if in the time of his sweat you see the sick to faint or swoun, then apply to his temples, and the region of the heart, this mixture following.

℞. Conserve of Roses, Burrage, Buglos, Broom floures, of either one ounce: Mithridate, four ounces, Triacle, one ounce, Floures of Violets, Pellamountaine, Red Roses, of either one drachme, Roots of Ireos, one drachm, Musk, Sivet, of either eight graines.

Mix all these together with a quantity of Rose-Vinegar in the form of an Opiat, this must be spread on Plaisters, and applied to the heart and temples, and to the soales of the feet apply this plaister following.

Take of the aforesaid Opiat, ℥ ii. unto the which you must put so much more of an Onyon, which must have the middle part thereof taken out, and the hole filled with Mithridate, and *Aqua vitæ*, and so rosted in the ashes, and then mix it with the Opiat, and apply it to both soales of the feet.

Now when all this is done, and that one hour is past after his sweat and body dried as aforesaid: it were good you did give the sick some good comfortable broth, although he vomit it up againe, then let him rest two houres, and then offer him more, which you must do oftentimes, and but little at a time.

And if after all this done he continue still weak and faint without any amendment, then give him another Cordiall, as ye did at the first, and so cause him to sweat again so long as his strength can well endure it, and after sweat give more of the Julep aforesaid, for by this meanes you shall oftentimes see

the

the sore, which did offer it self to come forth, will be clean discussed and consumed away: but if it do not by this means go away, then use all the means you can to bring it to suppuration, and then open it with some caustick or incision, as hereafter shall be shewed you at large.

The next day after his sweat, you may tollerate him to sleep one hour or two in the forenoon, whereby to prevent pain or lightnesse of the head, which may chance through want thereof: and if after his sleep the party be sick and faint, then immediately give him some good Cordiall, according as the state of his body requireth, either in temperate or extream heat, as before is shewed: and in one hour after that give him some comfortable broth made with Veale, Mutton, Chicken, or such like, wherein some Burrage, Buglosse, Pimpernell, and a little Hyssop, with some Parsley roots, the inner pith being taken out, must be boiled, whereof he must take a little at a time, three or four times a day, and betwixt times in taking of his broth, give him three or four spoonfulls of this Julep following, which doth resist venenosity from the heart, and also quench thirst.

A Julep to quench thirst and resist Venenosity.

℞. Water of Scabios, Burrage, Sorrell, *ana* ℥. ii. Sirrup of Lemons, sowre Citrons, and the juice of Sorrell, of either one ounce.

Mix all these together, and give thereof as cause requireth.

Then at night he may sleep three or four houres more, and the next day, being the third or fourth day of his accubet, you may purge him with one of the purgations here following, but in any case you must take heed that you do not purge with any strong or Scammoniate medicine, because it may cause an extream flux, which will be most dangerous, because it will overmuch weaken the body, and hinder concoction, for most commonly in this disease the body of it self is subject to fluxes.

A good

A good Purgation in a strong body.

℞. *Rad. Cichoria*, ℥. iiii. *Rad. Petasitis*, ℥. ß. *Fol. Scabiosæ, Card. Benedicti, Pimpinellæ, Acetosæ, ana* M. i. *Florum Cord.* P. i. *Prunorum damascen. no.* x. *Sem. Coriandri*, ℥ ß. *Aquæ font.* ℔. ix.

Boyle them untill a third part be consumed, then strain it.

℞. *Decoct. col.* ℔. iiii. *Fol. Sennæ*, ℥. iii. *Rhab. electi.* ℥. iiii. *Spicæ.* ℈. iii.

Infuse them together twelve hours, then strain it strongly, and add thereto these things.

Sir. de Cichoria, cum Rhab. ℥ vi. *Oxisaccheri, Simp.* ℥. ii.

Mix them altogether, and drink it in the morning refraining from meat, drink, and sleep three houres after, and then eat some good broth.

Another in a plethorick and full body.

℞. *Fol. Scabiosæ, Buglossæ, Card. B. ana* M. i. *Florum Cord.* P. i. *Rad. Tormentillæ*, ℥. iii. *Rad. Fenic. sicho. ana* ℥. iiii. *Passularum enucleat.* ℥. i. *Prunorum damascen. no.* vi. *Sem. anis. Coriandri, Oxialidis, ana* ℥. i. *Sennæ, Polipod.* q. *ana* ℥. i.

Boyle all these in a sufficient quantity of water untill half the water be consumed, then strain it, and keep it.

℞. *Rhab. electi.* ℥. ii. *Agarici, troc.* ℥. i. *Croci*, ℈. ß. *Aquarum Scabiosæ, Borraginis, Card. B. ana* ℥. iiii.

Infuse these together twelve hours in a warm place, then strain them strongly, and add thereto *Sir. vel. lax. Manna. Calabria ana* ℥. i. *Decoct. col.* ℥. ii. *vel* ℥. iii.

Mix all these together, and take it as the other before.

A good purgation for a weak body.

℞. *Fol. sennæ*, ℥. iii. *Rhab. electi*, ℥. i. *Sem. anis.* ℥ ß. *Schœnanthi*, ℥ ß. *Aquæ Acetosæ*, ℔. v.

Boyle them a little, then take it from the fire, and let them stand infused together twelve houres, then strain it out strongly

ly, and add thereto *Sir. ros. lax.* ℥. i. and then drink it as the other before.

Another gentle purgation.

℞. *Aquarum scabiosæ, Card. B. Aquæ ad pestem, ana* ℥. j. *Rhab electi,* ʒ. ii. ß. *Cinamomi,* ʒ. ß.

Infuse them together twelve hours, and strain them strongly; then add to the straining *Sir. ros. lax.* ℥. i. *Sir. de limonibus,* four ounces.

Mix them together, and so drink it as the other before, you may either add or diminish of the *Rubarb* unto any of these potions as you list.

Now when you see the purgation hath done working, then give the sick some Cordiall thing, as hereafter followeth, which he must also take the next morning following.

A good Cordiall to be taken after Purging.

℞. *Conserva Burrag,* Buglos, *Mali Citri, ana* ʒ. iiii. *Confect. Alkermis* ʒ. i. *Boli Veri,* ʒ. ß. *Specierum diarhod abb.* ʒ. ii. *Diamarga. frigid.* ʒ. i. *Manus Christi perlati,* ℥. i. *Sir. de Lemon,* ʒ. iiii.

Mix all these together, and give the sick thereof so much as a chestnut at a time, you must oftentimes eat thereof if the sick be in no great heat.

Another good Cordiall to be given where great heat is.

℞. *Conserva Borag,* ʒ iii. *Conserva fol. acetosæ,* ℥ i. *Bolarm. veri,* ʒ. i. *Manus Christi cum perlis,* ℥. i. *Sir. de Lemonibus,* q. v. *misce.*

You must oftentimes give of this where great heat is, so much as three beanes at a time.

A good Cordiall potion.

℞. *Aquarum buglossæ, Acetosæ, ana* ℥. i. *Pul. diamarga. frig.* ʒ. ß.

℥. ß. *Confectio alkermis*, G. ii. *Sir. de aceto, Citri, vel de Limon.* ℥. i. *miſce.*

All this you may take after purging as aforeſaid, at any time.

And here you muſt underſtand, that if it be in a plethorick body full of ill humors, it were good that you purge him again the next day.

Chap. III.

Sheweth what ſymptoms often chance, and how to help them.

For that in this contagious diſeaſe there are divers dangerous ſymptoms which do oftentimes chance, I will here ſhew you good meanes how to help the ſame.

For lightneſſe of the head through want of ſleep.

℞. *Hordei mundi.* P. i. *Amigd. dul. depilatum* ℥. i. ß. *Sem.* iiii. *Frigid. ma. mund. ana* ℈. i. *Aqua font.* q. ſ. *fiat decoctio. Decoct. col.* l. i. *Sir. de Lemonibus, de Papa, ana* ℥. i. ß. *Sacchari perlati*, ℥. i.

Boyl them together a little, and then keep it to your uſe, you muſt often times give two or three ſpoonfulls thereof to drink, and annoint his temples with this ointment.

Oyntment to provoke ſleep.

℞. *Unguent popillionis*, ℥. iiii. *Unguent. Alabaſtrini, Ol. Nenuphariæ miſce, ana* ℥ ii.

This oyntment is not onely good to provoke ſleep but will alſo eaſe the pain of the head, if the place grieved be annointed therewith.

For raveing and raging.

If the party rave, then give him one ſcruple of the powder of Harts-horn burnt, with half an ounce of the ſirrup of Violets and Lemons, and apply this ſacculus following to the head.

A good Sacculus for raving and raging.

℞ *Florum Nenupharis*, P. i. *Cort. Pap.* 3. ii. *Santali albi*, *Rub. Citri*, *ana.* 3. i. *Florum ros. rub*, P. i. *Florum Viol.* P. ß. *Florum camomil. Betonica*, *ana* 3. i.

Shread them all small, then pound them grossly, and quilt them in a bagg, and apply it to the head, and it will help you.

Aphtham, to help it.

In this contagious disease, there doth chance an ulceration of the mouth, which is called Aphtham, it cometh by means of the great interior heat which the sick is oppressed with in the time of his sickness, which if it be not well looked unto in time, it will greatly endanger the body, for Remedy whereof use this Gargarism.

A good Gargarism for the mouth.

℞. Clean barley, one handfull, wilde Daysie leaves, Plantaine leaves, Strawberry leaves, Violet leaves, of either one handfull: Purslane seed, one scruple, Quince seed, one scruple and half. Licorice bruised, four drachms.

Boyle all these in a sufficient quantity of water untill the water be half consumed, then strain it, and take one pint and half thereof, and add thereto Sirrup of Roses by infusion, and sirrup of dried roses of either four drachms: *Diamoron* two ounces.

Mix these together, and gargarize and wash the mouth therewith oftentimes being warm, and it helpeth.

Vomiting extreamly, how to help it.

If it come in the beginning of the disease, as most commonly it doth, there is no better means to stay it, then by giving of Cordials and by sweating, by which meanes that venomous

matter which is the cause thereof is expelled, and breathed out, but if after Cordials given, and sweat, it doth not stay, it is a very ill and dangerous signe: yet what means I have used to stay the same, I will here shew you.

A good bag for the stomack.

℞. Dried leaves of Mints, Elder, Origanie, Wormwood, Calamint, Mugwort, Thime, Balme, Pellemonntaine, tops of Dill, of either a little handfull: Seeds of *Cardus Benedictus*, Fennell, Annis, of either four drachms: Roots of Ciperus, *Calamus aromaticus*, of either four drachms: Nutmegs, Cloves, Mace, of either half a drachm.

Make all these in gross powder, then put it into a sinnen bag, which must be made so broad and long, as will cover the stomack: then take Rose-water and strong Vinegar, of either ten spoonfulls, wherein do you dissolve one ounce of Mithridate, then must you first wet the said bag in two parts of clean water and a third part of White or Claret-wine, and let him soak therein a little while, the liquor being first warmed on a Chafer and coales, and then wet him in the Rose-water and and Vinegar being warm, and so apply it to the stomack, and when he waxeth cold, warm him therein againe, and let him remain half an hour in all, and then take him away, and dry the stomack with a warm cloth, and then annoint it with this ointment following.

℞. Chymicall oyles of Rosemary, Sage, of either one drachm: Vinegar, Mithridate, of either one drachm.

Mix all these together, and so use it, and if the party be costive, then were it good to give him a glister, wherein dissolve two drachms of Mithridate, it is also good to apply Ventoses unto the buttocks and thighes.

Toxe, or jexing, to stay it.

℞. Dill seed, two scruples and half: White Poppy seed, Purslane seed, of either one scruple and a half.

Bruise them a little, then knit them in a fine linnen cloth, and let

let it soak in the drink which he useth, and when you give him drink, wring out the bag therein, and let him drink it, and that will stay it, also the order aforesaid to help vomiting is good to stay the yoxe, or yexing, but if neither of them prevaile, then will the sick hardly escape death.

Flix, how to stop it.

You must first give the patient this purpation following, which doth not onely purge away those slimie humors which is the cause thereof, but doth also leave an astringencie behind it.

℞. *Rhab. elect.* ʒ. iii. *Cinamoni*, ʒ. ii. *Aquarum Endivia, Borraginis, ana* ℥. ii.

Infuse them together twelve houres, then strain it out strongly, and add thereto one ounce of Sirrup of roses laxative, and so drink it warm, refraining from meat, and drink, and sleep three houres after it: and at night when it hath done working, give this confection following.

℞. *Conserva ros.* ʒ. iiii. *Dioscordii*, ʒ. i. ß. *Pul. Diatragag. frigid.* ʒ. i, *Dialkermes*, G. x. *Sir. de Lemon.* ʒ. ii. *misce.*

When you have given this confection, then doe you Epithemate the region of the heart with this Epithemative following.

Epithemation for the heart.

℞. *Aquarum Buglossæ, Burrag, Rosarum, Oxialidis, ana* ℥. iii i. *Throchiscorum de camphera*, ʒ. i. *Pul. diamargarit. frigid.* ʒ. i. *Aceti alb.* ℥. i. *Offa de corde cervi*, ʒ. ß. *Santal. Rub. Coral. Rub. misce. ana* ʒ. i.

With this you must Epithemate the Region of the heart warm a quarter of an hour, and if by this meanes it stay not, then the next day give some of this confection following, which I have found excellent good for the stopping of any flix whatsoever.

℞. *Conserva ros. siccæ.* ℥. i. *Pul. Rhab. troschiscat* ʒ. i. *Terræ lemniæ* ʒ. ß. *Lap. Hematitis, Sang. Draco. Bolarmoni. ana* ʒ. ii. *Mithridatii, misce*, ʒ. i.

You

You must every morning and evening give two drachms thereof, and drink some Plantaine water after it.

Now here you must understand, that if the flix come in the beginning of the sickneſſe, and that no botch, Carbunkle, nor spots appear in the body, then in any caſe you may not goe about to ſtop it, but ſuffer nature to diſcharge it ſelfe, and onely help nature with Cordials, and Epithemations applyed to the heart; but if by the continuance thereof, the Patient grow very weak and faint therewith, then is it to be repreſſed, as before is ſhewed, but it muſt be the third day before you attempt to doe it.

But if this flix come when the botch or Carbunkle doth appear, and tending to maturation, then is it very dangerous, for by that meanes the venomous matter is drawn back again into the principall parts, and ſo killeth the Patient.

Chap. IIII.

Sheweth the generall cure of a botch when he appeares outwardly.

Firſt, give Cordials, and uſe the defenſive before taught you in the ſecond Chapter, thereby to keep it from the heart, and then bring it to maturation as followeth.

A good Maturative.

Take a great Onyon and roaſt him in the aſhes, then pound him with ſome powder of white Muſtard-ſeed, and for lack thereof ſome Triacle, and pound them together, and ſo apply it to the greif warm, and renue it twice a day, which within three or four dayes at moſt will bring it to ſuppuration.

Another.

Take white Lilly roots, *Enulacampane* roots, *Scabios*, and Onyons, of either two ounces.

Roaſt all theſe together in a Cole leafe, or a wet paper, then pound them with ſome ſweet Butter, and a little *Venice* Triacle, whereunto doe you adde ſome *Galbanum*, and *Ammoniacum*

niacum dissolved in Vinegar, and strained from the fe[illegible]s and dregs, and so mix them altogether, and apply it, renewing it twice a day.

Another, where no inflammation is.

Take *Unguentum basilicon* ℥. iiii. soure Leaven ℥. ii. Oil of Lilies, sweet Butter, *ana.* ʒ. iiii. Triacle ʒ. i. ß. yolks of two Eggs. Mix them together, and so apply it, and when it is come to suppuration, then open it in the lowest part, either with a potentiall Caustick, or by incision, but the Caustick is best, and when you have opened it, if no matter flow out, then apply the rumps of Chickens to the sore, as before hath been shewed: after that put into the wound a digestive as followeth.

A Digestive,

Take the yolk of an Egge, clear Turpentine ʒ. iiii. clarified Honey ʒ. ii. Mithridate, or Triacle ʒ. ß.

Mix all these together, and use it in the wound untill it be well digested, which you may perceive by the great quantity of white and thick matter that will flow out of it, and upon the sore lay this Cataplasme untill it be digested

A digestive Cataplasme.

℞. Fat Figs, and Raisins the stones pickt out, *ana.* ℥. ii. *Sal nitrum* ʒ. iv. soure Leaven ℥. iii. Honey ℥. i. oil of Cammomill ℥. i. ß.

You must shread and pound the Figs and Raisins very small, then commix it with the rest in a morter, in form of a pultis, and use it.

And when it is digested, then you must mundifie it with a mundificative, to which purpose *Unguentum virid.* or else *Apostolorum* mixt with *Unguentum basilicon* will serve, and when it is clean mundified, then to incarnate and heal it up, doe you onely annoint or strike it over with a feather wet in *Arceus* linament, which must be molten in a saucer, and over all lay a plaister of *Diaculum*, or a plaister of *Kellebackeron*, which is excellent

good

good in all Impesthumes and tumours, and in this order doe you proceed, untill the greif be whole.

CHAP. V.

Sheweth how to bring the botch out, that lieth deep within the body or flesh.

FIrst you must consider, that oftentimes the botch, or carbunkle doth offer it selfe to come forth in some place of the body, and yet no apparant sign thereof, but lieth deep hidden within, because nature is not of sufficient strength to thrust it forth; which is easily perceived by the great and almost intolerable pain, that by some is felt in the place where nature intends to expell it, which in the most part of people, by bloud-letting, Cordials, and sweat, is clean taken away and evacuated; but if after all this is done it goe not away, then unto these you must use all the meanes you can to bring it to the outward parts. First, by giving to the sick oftentimes some Cordiall Electuary to keep it from the heart, then (if no great pain be in the outward part) you must apply a cupping-glasse with scarification, directly against the place where the greif is felt, and let it remain thereon a quarter or halfe an hour, then take it away, and presently apply the rumps of Chickens, Hens, or Pigeons to the place (as before hath been shewed) that being done, then lay some attractive and maturative plaister or Cataplasme to the place, which here following is shewed, and every sixth hour you must apply the cupping-glass, as also the rest, untill such time as you have brought the venomous matter to the outward parts, there to be visibly seen, or at least by feeling to be perceived, which commonly is effected at the second time, then use no more cupping, but onely apply a maturative to the place.

A good Maturative Cataplasme.

℞. *Rad. simphyti, ma. Liliorum, Caparum, Allium, ana,* ℥ i. *Fol. Oxialidis M.* i.

You must pound all these together a little, then wrap them in a cole leafe, and so roast them in the hot embers, then pound them

in

in a morter, whereunto adde *Ol. liliorum, Anxungia pore. ana* ʒ. i. *Fermenti acris* ʒ. vi. *Mithridatii* ʒ. i.

Mix them altogether in form of a Pultus, and so apply it warm, and renue it twise a day.

Another

℞. *Galbani, Apopanacis, Ammoniaci, ana.* ʒ. iiii.

Dissolve these in Vinegar if the botch be hot and inflamed (but if it be not) then dissolve them in *Aqua vitæ*, and being dissolved, then strain it from the dregs, and adde thereto *Unguent. basilici, Mithridat. Fomenti acris, ana,* ʒ. iiii.

Mix all these together, and apply it.

Another which is sooner made.

Take a great Onyon, make a hole in the middle of him, then fill the place with Mithridate or Triacle, and some leaves of Rue, then roast him in the hot embers, and when it is soft, then pound it with some Barrowes greace, and apply it to the sore, and that will ripen it in short time, then open and cure it as in the Chapter before.

But if the pain and inflammation in the place be so great, that the party cannot indure cupping glasses to be used, then must you apply a Vesicatory to the place, in the lowest part of the greise.

A Vesicatory.

Take *Cantharides* bruised in grosse powder ʒ. ß. soure Leaven ʒ. ii. mix them together in a morter with a little Vinegar, and apply it, which within twelve houres will raise a blister, which you must open, and then lay an Ivie or Cole leafe to the place, and upon all apply any of the Cataplasmes aforesaid, and dresse it twice a day, and once a day at least, give the Patient some Cordiall, and when it is come to a softnesse, and that you perceive it is imposthumated, then open it, and so proceed to the cure, as before is shewed.

When

UMI

When the botch will not come to Maturation, but continueth always hard.

Sometime it is seen that the botch, although it appear outwardly, yet will it not come to maturation, which commonly is accomplished within three or four dayes, but will resist whatsoever you apply to it, and remain and continue alwayes hard; now here you must presently open it, either with a Caustick or by incision, for fear least it strike in again, or at least grow to *gangrena*, but before you open it, you must Epithemate the great with this *Epithemation* following, and every morning and evening give the sick some Cordiall, and betwixt the sore and the heart anoint it with the defen[illegible] before in the second Chapter.

An Epithemation.

Take leaves of Mallowes, Violets, Cammomill, *ana*, M. i. Floures of Dill, Mellilot, *ana*. ℥. i. Hollehock roots ℥. iiii. Linseed ℥. ii.

Boil all these in a sufficient quantity of water untill halfe the water be consumed, and then wet some Wooll or Flax therein, being first well beaten and pickt clean, and lay it upon the sore warm, and as it cooleth, doe you take it away, and lay on another warm stewe, and so continue it half an hour together, and then open it as beforesaid, and immediately apply to the wound Chickens or Hens, as before in the first Chapter hath been shewed you: and if you cannot get Chickens nor Hens, then a Whelpe or a Pigeon cloven asunder by the back, and so applyed warm will suffice, which must be renued so oftentimes as cause requireth, and when that is done, then apply unto the wound a digestive, made as followeth.

A Digestive.

Take Turpentine ℥. ß. Honey ℥. ii. Mithridate, or Triacle ℥. ß. the yolk of a new laid Egge.

Mix all these together and use it in the wound, and upon all by

the digestive Cataplasme beforesaid, which is made of figs, or a plaister of *Kellebacheron*, or of *Diaculum magnum*, and dresse it twice a day, and every dressing Epithemate the greif as beforesaid, when it is digested, then mundifie, incarnate, and sigillate it, as in the Chapter before is shewed you.

CHAP. VI.

Sheweth what is to be done when the botch strikes in again.

SOmetimes you shall see the sore will appear outwardly, and suddenly vanish away again, which is a very dangerous and deadly sign; now when this doth chance, then presently give some good Cordiall that hath power to expell the venom, as in the first Chapter of this Treatise you may find [illegible], and immediately apply this Pultus to both the soales of [illegible] which must be made with Culver-dung, and Vinegar mixed [illegible]er, and spread on a Cold leafe, and so applyed; you [illegible] the Cordiall every third hour, and immediately after [illegible] giving of the Cordiall, you must Epithemate the heart [illegible] *Epithemation* before expressed, in the second Chapter of this Treatise; and when that is done, then cause the sick to sweat, if you may, and after his sweat, and the body well dried, then give him an easie Glister, the next day purge him with some gentle purgation, as before is shewed you. And if by these means you prevail not, then small hope of life is to be expected; yet *Petrus Forestus* willeth you, first to give a Glister, and then within two houres after it, to draw some blood in the same side where the greif is, and to annoint the place greived with *Unguentum resumptivum*, mixe with some Oil of Cammomill, and then two houres after it to give a Cordiall, and procure sweat upon it, and so following the rest of the orders aforesaid, did recover divers.

CHAP. VII.

Sheweth how to draw a botch from one place to another, and so to discusse him without breaking.

FIrst you must apply a cupping glasse next adjoyning to the lower part of the sore, on that side where you would have him to be brought.

brought, and next unto that glasse apply another, so neer the first as you can; and if that be not so farre as you would have the sore to be brought, then apply the third glasse, and let them all remain a quarter of an hour, then take away the last glasse, but suffer the first to remain, then presently apply him again, and let it remain a quarter of an hour more, and doe so three or four times together, but alwayes suffer the first glasse next the sore for to remain; now when you have thus done, then take all the glasses away, and presently apply a Vesicatory to the place where the [illegible] and uttermost glasse did stand, suffering it to remain th[illegible]elve houres, then open the blister, and lay an Ivy or [illegible] to the place, and upon all lay a plaister of [illegible] or *Diaculum magnum*, and dresse it twice a [illegible] you keep it running, the better it will be [illegible] either Ulcers are cured.

Now as soon as [illegible] tory, you must presently epithem[illegible]

[illegible]

Take [illegible] Dill and [illegible], *ana*, M. i. [illegible], Lin-seed one ounce and a half.

Boile all th[illegible]ient quantity of water untill halfe the water be co[illegible]ed, in this decoction you must wet some unwashed Wooll or Flax made clean and well beaten, then being wrung out a little, apply it warm to the place, and renue it every hour, during the time that the Vesicatory is in working, and when you have opened the blister that is made thereby, then onely apply this Cataplasme to the botch it self.

Take Mallowes, Violets and Cammomill floures, of either one handfull.

Boil them in water untill they be tender, then cut them very small with a shreading knife, and add thereto Oil of Cammomill and Lillies, of either two ounces: Barrowes mort two ounces, Wax one ounce.

Melt the Wax in the Oiles, and then put it to the Hearbs, and boile them together a little, then take it from the fire, and adde thereto Barly and Bean flower, a handfull of either of them, and so

mix them altogether, and apply it to the greif, renuing it twice a day, which within three or four dayes will resolve and discusse the botch; but if it doe it not by that time, then use all the meanes you can to bring it to suppuration, as before is sufficiently shewed you.

CHAP. VIII.

Sheweth how to know a Carbunkle or blain, as also the cure of the same.

THe Carbunkle or blain doth first begin with a little Pustula or wheal, and sometime with divers Pustulaes or wheales together, with a great burning and pricking pain in the place, which Pustulaes are like a scalding bladder, seeming to be full of water or matter, yet when you open it, little or nothing will come out of it, and when they are broken, will grow to a hard crust or scarre, as if it had been burnt with a hot Iron or Caustick, with a great ponderosity or heavinesse in the place. In some it comes in the beginning, without any Pustula at all to be perceived, but with a hard black crust or a scarre; sometimes it lyeth hidden in the inward parts without any outward appearance at all, as if it be in the lungs, then there is a difficulty of breathing, with a Cough and foul spitting.

If it be in the Liver or Spleen, then the party feeleth a great pain and pricking in the same side; if in the Kidneyes or Bladder it doth chance, then is there suppression or stopping of the Urine, or great pain in the making of water; if it be in the Brain, then a *delirium* followeth, but howsoever it chance to come, the party infected therewith hath a Fever, with other accidents, as before in the 13. Chapter of the first Treatise is declared; if it begin with a green, black, or blew colour, or of divers colours like the Rainbow, then is it a deadly signe, and so is it, if once it appear and then suddenly vanish away; but if it be red or yellowish, so it be not in any of the principall pares, or emunctuaries of the body, as the heart, stomack, armpit, flanke, jawes, or throat, then it is hurtable; otherwise in any of these places very desperate and dangerous to be cured, but whersoever it doth chance, unlesse it may be brought to suppuration, it is deadly.

The cure of the Carbunkle.

First, the Universall means must not be neglected, as bloud-letting, cordials, epithemations, sweet and gentle evacuation by purging, as the time and cause requireth, which before in the beginning of this Treatise hath been shewed at large, and the same order which is used for the cure of a Botch, is also to be kept in the cure of a Carbunkle, and to rectifie the ayre of the house by strewing it with vine and willow leaves, red Roses and such like, as also to sprinkle the floor with Rose water and Vinegar, and cause the sick oftentimes to smell unto a cloth wet in Rosewater and Vinegar is very good: these things being done, then use all the means you can to bring it to Suppuration, for which purpose this Cataplasm following is very good

A Maturative Cataplasm.

Take Fagings ℥ iiii. Mustard seed, ℥ i. ß. Pound the seed small by it self, the Figs must first be cut very small, and then pounded likewise, and then adde thereto so much Oyle of Lillies as will suffice to make it in the form of a stiffe Pultis, and apply it warm, renuing it twice a day, this must be continued untill the scar begin to grow loose and moveable, and then apply this following to remove the scar.

Take unsalted butter, the yolk of an Egg, and wheat flour, mix them together, and apply it untill the scar doe fall away, then doe you mundifie it with this mundificative.

Mundificative unguent.

Take clear Turpentine, ℥ iiii. Sirrup of red Roses, ℥ i. Honie of Roses, ℥ iiii. Boil them altogether a little, then take it from the fire, and add thereto Barlie and wheat flour of each 3. vi. the yolk of a new laid Egg, and mix them altogether, and apply it three dayes, and then use this following.

Another Mundificative.

Take clear Turpentine, ℥ iii. Honie of Roses, ℥ ii. Juice of

of Smallege, ℥ ii. Barlie flowre, ℥ i. ß. Boil them altogether saving the Barlie, untill the Juice be consumed, then take it from the fire, and when it is almost cold, adde the Barlie thereto, and mixe them together, and use thereof to the grief untill it be clean mundified, and then incarnate it with *Unguentum Basilicon*, and lastly sigillate it with *Unguentum de cerusa* decocted.

Sometime you shall find a little pustule to appear, without any elevation of the parts adjoyning, or outward hardnesse. Now here to bring it outwardly you must apply this Cataplasm.

Take Lillie roots, Onyons, and sour Leaven, of either one ounce. Boil them in water untill the water be consumed, then bruise them in a morter, and add thereto Mustard seed, Culver-dung, White Sope, *ana* ℥ i. ß. Snails without shels, vi. in number. Mithridate, Triacle, *ana*, half a drachm, Yolks of four Eggs.

Mix all these together, and apply it warm to the grief, renuing it thrice a day, this order must be continued untill you see the place elevated tending to suppuration, then apply a Maturative, and so proceed as next before this is shewed you, and during the whole time of the cure, I hold it better to use rather Poultises then plaisters, because they do not so much stop the Pores, but give more scope for the venemous matter to breath out.

When the Carbuncle doth come with great pain and inflammation, how to help it.

You must first bath and soke the place well with this bag following, and then presently apply the Cataplasm ensuing, for by this means you shall not onely ease the pain and abate the Inflammation and Fever, but also prevent the danger of Gangrena which may chance thereby.

The Bag.

Take Mallowes, Violets, Plantain, Iablong, *ana* one handfull. Fat Figs, ℥ i. Hollihock roots, Lillie roots, *ana* ℥ i. Lin-seed, ℥ i.

You

You must shred the hearbs grosly, and cut the Figgs and roots small, then bruise them in a morter, and mingle them altogether, then put them into two little baggs of linnen cloth, and boil them in a sufficient quantitie of clean water, untill the water be half consumed, then take out one of the baggs, and wring out the water a little, and apply it to the grief warm, and when it is cold, take it away, and lay on the other, and doe so half an hour together every dressing, which must be twice a day at least.

The Cataplasm.

Take Mallows, Violets, Sorrell, Liblong, *ana* two handfuls, Henbane, a little handfull..

Wrap them all in a ball together, and roast them in the ashes, then bruise them in a morter, and adde thereto, *Mel rosarum*, ℥ iiii. Triacle, ʒ i.ß. Saffron in pouder, half a drachm, Yolks of five Eggs.

Mix them together with the rest, adding some Barly flower thereto to thicken it, and apply it warm, renuing it alwaies before it grow dry and stiffe, and every dressing you must Epithemate the grief first with the baggs aforesaid, and this order must be continued untill the pain and Inflammation be gone, then to bring it unto Suppuration, if you adde to the foresaid Cataplasm some oyle of Lillies, and sweet Butter unsalted, it will be very good, or you may make this Cataplasm following.

Take Soot of the chimney, ℥. iii. Bay salt, ℥ i. ß. Yolks of two or three Eggs.

Mix all these together in a morter, and apply it to the grief warm, which must be alwaies renewed and changed before it grow dry and stiffe, this order must be continued untill the sore come to suppuration, then to remove the scar, and finish the cure, doe you follow the order prescribed in the beginning of this Chapter.

There are other dangerous accidents which doe sometimes chance in the botch or Carbuncle, which here to treat of would little avail the unexpert people, because they know not the means how to execute the same, but if any such thing

thing chance, then doe I wish you to seek the help of some learned Physitian, or expert Chirurgion, whose counsell I doe wish you to follow.

The End of the Second Treatise.

A Short Treatise of the Small Pox, shewing the Means how for to govern and cure those which are infected therewith.

Chap. I.

Sheweth what the Small Pox and Measels are, and whereof it proceedeth.

FOr that oftentimes those that are infected with the Plague, are in the end of the disease sometime troubled with the small Pox or Measels, as also by good observation it hath been seen, that they are fore-runners or warnings of the plague to come, as *Salius* and divers other writers doe testifie: I have thought it good and as a matter pertinent to my former Treatise, to shew the aids and helps which are required for the same.

I need not greatly to stand upon the description of this disease, because it is a thing well known unto most people, proceeding of adusted blood mixt with flegm, as *Avicen* witnesseth, which according to both ancient and latter Writers doth alwaies begin with a Fever, then shortly after there ariseth small Pustulaes upon the skin throughout all the body, which doe not suddenly come forth, but by intermission, in some more or lesse, according to the state and qualitie of the bodie infected therewith: for in some there ariseth many little Pustulaes with elevation of the skin, which in one day doe increase and grow bigger, and after have a thick matter growing in them, which the Greeks call *Exanthemata* or *Exthymata*; and after the Latines *Variola*, in our English tongue the small Pox, and

and here some Writers doe make a difference betwixt *variola* and *exanthemata*; for say they, that is called *variola* when many of those Pustules doe suddenly run into a clear bladder, as if it had been scalled, but the other doth not so, yet they are both one in the cure, they doe most commonly appear the fourth day, or before the eight day, as *Avicen* witnesseth.

What the Measels or Males are.

Avicen saith, That the Measels or Males is that which first cometh with a great swelling in the flesh, with many little Pimples which are not to be seen, but onely by feeling with the hand are to be perceived, they have little elevation of the skin, neither doe they grow to maturation, or end with ulceration as the Pox doth, neither doe they assault the eyes, or leave any deformity behind them as the Pox doth, neither are they so swift in coming forth, but doe grow more slowly, they require the same cure which the Pox have, they proceed of cholerick and melancholie bloud.

The cause of the Pox and Measels.

The primitive cause as *Valetius* saith, is by alteration of the aire, in drawing some putrified and corrupt quality unto it, which doth cause an ebullition of our bloud.

The cause antecedent is repletion of meats, which do easily corrupt in the stomack, as when we eat milk and fish together at one time, or by neglecting to draw bloud, in such as have accustomed to doe it every year, whereby the bloud doth abound.

The conjunct cause is the menstruall bloud, which from the beginning in our mothers wombs wee received, the which mixing it self with the rest of our bloud, doth cause an Ebullition of the whole.

The efficient cause is, nature or naturall heat, which by that menstruall matter mixing it self with the rest of out bloud, doth cause a continuall vexing and disquieting thereof, whereby an unnaturall heat is increased in all the body, causing an Ebullition of bloud, by the which this filthy menstrual matter

ter is seperated from our natural bloud, and the nature being offended and overwhelmed therewith, doth thrust it to the outward pores of the skin as the excrements of bloud, which matter if it be hot and slimie, then it produceth the Pox, but if dry and subtil, then the Measels or Males. But *Mercurialis* an excellent writer in Physick, in his first Book, *de morbis puerorum, cap.* 2. agreeing with *Fernelius* in his Book *De abditis rerum causis, c.*12. doth hold opinion, that the immediate cause of this disease doth not proceed of menstrual bloud, but of some secret and unknown corruption, or defiled quality of the aire, causing an Ebullition of bloud, which is also verified by *Valetius*, and now doth reckon it to be one of the hereditable diseases, because few or none doe escape it, but that either in their youth, ripe age, or old age, they are infected therewith. The contention hereabout is great, and mighty reasons are oppugned on both sides, therefore I will leave the judgement thereof unto the better learned to define; but mine opinion is, That now it proceedeth of the Excrements of all the four humours in our bodies, which striving with the purest, doth cause a supernatural heat and ebullition of our bloud, alwaies beginning with a Fever in the most part, and may well be reckoned in the number of those diseases, which are called *Epidemia*: as *Fracastorius* in his first Book, *De morbis contag. cap.* 13. witnesseth this disease is very contagious and infectious, as experience teacheth us: There are two speciall causes why this disease is infectious: The first is, because it proceedeth by ebullition of bloud, whose vapour being entred into another bodie, doth soon defile and infect the same, the second reason is, because it is a disease hereditable; for we see when one is infected therewith, that so many as come neer him (especially those which are allyed in the same bloud) doe assuredly for the most part, receive the infection also.

CHAP. II.

Sheweth to know the signs when one is infected, as also the good and ill signs in the disease.

THe signs when one is infected are these, first he is taken with a hot Fever, and sometime with a *Delirium*, great pain

pain in the back, furring and stopping of the nose, beating of the heart, hoarsnesse, redness of the eyes, and full of tears with heavinesse and pain in the head, great beating in the forehead and temples, heavinesse and pricking in all the body, dryness in the mouth, the face very red, pain in the throat and breast, difficulty in breathing, and shaking of the hands and feet with spitting thick matter.

When they doe soon or in short time appear, and that in their coming out they doe look red, and that after they are come forth they doe look white, and speedily grow to maturation, that he draweth his breath easily, and doth find himself eased of his pain, and that his Fever doth leave him, these are good and laudable signes of recovery.

When the Pox lye hidden within and not appearing outwardly, or if after they are come forth they doe suddenly strike in again and vanish away, or that they doe look of a black, blewish, and green colour, with a difficultie and straitnesse of drawing breath, and that he doe often swoun, if the sick have a flix or lask, when the Pox were found double, that is, one growing within another, or when they run together in blisters like scalding bladders, and then on the sudden do sink down and grow dry with a hard black scar or crust, as if it had been burnt with a hot iron, all these are ill signs.

Avicen saith, there are two speciall causes which produce death unto those that have this disease: either for that they are choaked with great Inflammation and swelling in the throat called *Angina*, or having a flix or lask which doth so weaken and overthrow the vitall spirits, that thereby the disease is increased, and so death followeth.

How to know of what humours this disease cometh.

If it come of bloud, then they appear red, with general pain, and great heat in all the body.

If they come of choler, then will they appear of a yellowish red and clear colour, with a pricking pain in all the bodie.

If they come of flegm, then will they appear of a whitish colour and scaly, or with scales.

If they come of melancholie, then will they appear blackish with a pricking pain.

Chap. III.

Sheweth the meanes to cure the Pox or Measels.

THere are two speciall meanes required for curing this disease, the first is to help nature to expell the same from the interior and principall parts unto the exterior: the second is to preserve both the interior and exterior parts, that they may not be hurt thereby.

For the first intention, if the age and strength of the sick will permit, and that the Pox or Measels appear not, it were then good in the first, second, or third day to draw bloud out of the Basilica veine in the right arme, if he be not under the age of fourteen years, but the quantity must be at the discretion of him that draweth it, either more or lesse as occasion is offered: but for children and such as are of tender years, and weak bodies, it were not good to draw bloud out of the arme, but out of the inferior parts, as the thighes, hams buttocks, and the Emeroidall veines, especially if the party be melancholie, or else to apply ventoses to the loynes, buttocks, or hams, which may boldly be used both before and after they do appear, either with scarification, or without, as cause requireth, which is a speciall good meanes to draw that Ichorous matter from the interior to the exterior parts; but for sucking Children, it were best to apply bloud-suckers unto any of the forelaid places, which is a thing that may be used with more ease then ventoses, neither do I wish either of them to be used unlesse necessity require it, which is, when the matter lieth lurking in the interior parts, not offering it self to appear outwardly: otherwise I hold it better to leave the whole work unto nature, specially in sucking children: for when we see that nature is ready, or doth endeavour to expell the malignity which is in the interior parts to the exterior, which may be perceived by reviving of the Spirits, and mitigating of the Fever: here we ought not to use any meanes at all, but leave the whole operation to nature, which we must onely help by keeping

the

the sick body in a reasonable heat, being wraped in a scarlet, stammell, or red cloth, which may not touch the skin, but to have a soft linnen cloth betwixt them both, and then cover him with clothes in reasonable sort, and keep him from the open ayre and the sight, except a little, and also from anger, using all the meanes you can to keep the sick in quietnesse, and if the body be very costive, then to give an easie Glister.

A Glister.

℞. Barley, two handfuls, Violet leaves one handfull: Boyle these in three pints of water untill half be consumed, and strein it: then take of the same decoction twelve ounces.

Oyle of Violets three ounces, red Sugar and Butter, of either one ounce.

Mix them together and give it to the sick warm; you may encrease or diminish the decoction or ingredients according as the age of the party requireth: but if the sick have great heat, then may you add one ounce or four drachms of *Cassia* newly drawn unto it, and when he hath expelled the Glister, then rub the armes, hands, legs, and feet, softly with a warm cloth, which is also a very good meanes to draw that Ichorous matter from the interior to the exterior parts, when all this is done, then if the body be inclined to sweat, you must further the same by covering him with warm clothes, having a care that you lay not more on him then he can well endure, for otherwise you may cause faintnesse and swouning, which are ill in this case, yet must you alwaies keep the sick warm, and suffer him not to sleep, or permit very little untill the Pox or Measels do appear: and here you must have a speciall care to preserve the eyes, eares, nostrels, throat and lungs, that they be not hurt or offended therewith, as hereafter shall be shewed you, which you must use before he sweat and also in the sweat if need be.

Eyes, how to preserve them.

℞. Rose-water, Plantaine-water, of either two ounces, Sumack, two drachms.

Let

Let them boyle together a little, or stand infused a night, then mixe therewith half a spoonfull of the oyle made of the white of an Egg, then wet two clothes five or six double therein, then lay them upon either eye, cold, which must bee always kept upon the eyes untill the Pox be all come forth, and as they grow dry, wet them in the same liquor againe, and apply them, but if there be great pain and burning within the eye, then must you also put a drop of this mussilage following into the eye: take quinse-seed half a drachm, bruise it a little, then let it stand infused in three ounces of Rose-water a whole night, then strein it, and put one drop thereof into the eye three or four times a day at least, or take of this water.

℞. Rose-water, ℥. ii. Womans milk, ℥. i. Myrrh finely powdered six graines.

Mixe them together, and use it in the eye as before is shewed: this doth ease the paine, resisteth putrefication, and preserveth the sight.

For the eares, you must put a drop of oyle of Roses warm into them before he sweat.

For the nostrels, cause him oftentimes to smell to the vapour of Rose-vinegar, or else Vinegar, red-roses and Sanders boyled together.

For the throate, let him alwaies hold a peice of white sugar-candy in the mouth, and as it melteth swallow it down.

For the Lunges give the sick oftentimes some sirrup of quinses, or conserve of Roses, a little at a time.

And for his drink, the decocted water of barley, boyled with a little licorice is best, being mixed with the juice of a Lemon, Citron, Pomegranate, or Rybes: which the sick best liketh, for either of them is very good.

And for his diet, he must refrain from all salt, fat, thick and sharp meats: and from all sweet things either in meat or drink, his meat must be of a facile and easie digestion, and that hath a cooling property in it, as broth wherein burrage, buglosse, sorrell, and such like are boyled, and for ordinary drink, small beer or ale is best.

CHAP.

CHAP. XIII.

Teacheth what is to be done when the Pox or Measels are slow in coming forth.

NOw when you perceive the Pox or Measels are slow and slack in comming forth, then must you help nature with cordials, and by sweat to thrust it out from the interior and principall parts, unto which purpose I have alwaies found this drink to be excellent good here following.

℞. *Hordei mund.* M. i. *Lentium. excort.* P. i. *Ficuum.* No. ii. *Fol. capil.* v. *Lactuce. ana* M. ß. *Fol. acetosæ.* M. i. *Florum cardi* P. i. *Semen fenic.* 3. ii. *Semen. 4. frigid. ma. ana* 3. ß. *Aquæ font.* ℔. iiii.

Boyle all these together untill a third part of the water be consumed, and then strein it.

℞. *Decoct. col.* ℔. i. *Succus granatorum vel ribes,* ℥. iii.

Mix all these together, and give the sick four or six ounces thereof to drink every morning and evening, which will provoke sweat, and expell the disease; and if you cannot get the juice of Pomegranats, nor Rybes, then you may take so much of the sirrup of either of them.

Another good drink to expell the Pox or Measels.

Take a quart of posset-ale, a handfull of Fennell seed, boyle them together till a third part be consumed, then strein it, and add thereto one drachm of Triacle, and one scruple of Saffron in powder: mix them together, and give two, three, or four ounces thereof to drink every morning and evening as cause requireth.

But if it be for a strong and elderly body, you may give any of the expelling electuaries which are used to expell the Plague, as in the first Chapter for the curing of the Plague doth appear.

But if the sick be so weak that he cannot expell the disease in convenient time, then it is good to epithemate the heart with this epithemation following.

Epithe-

Epithemation for the heart.

℞. *Aquarum ros. Melissæ, Card. b. Buglos. Morsus diaboli, vini alb. ana* ℥. iiii. *Aceti Ros.* ℥. ii. ß. *Pul. Ros. rub. Trium santal. Cinamomi, Elect. diamarg. frigid. ana* ʒ. ß. *Mithridati,* ℥. i. *Theriacæ,* ʒ. iiii.

Mix all these together, and let them boyle a little, and so warm Epithemate the heart, and when you have done it, then give some expulsive drink or electuary as cause requireth, and then cause him to sweat upon it, for by this meanes you shall obtaine your desire by Gods permission.

Thirst, how to quench it.

Now if in the expelling of the pox, the sick be very thirsty and dry, then give this Julep to drink morning and evening, which I have found very good.

℞. Sirrup of Jujubes, Nenuphare, and Burrage, of either four drachms: Water of Burrage, Cichore, and Buglos, of either two ounces.

Mix them together and give the sick one half thereof in the morning, and the rest at night, and cause him oftentimes to lick of this mixture following.

Take the conserves of Nenuphare, Violets, and Burrage, of either six drachms: *Manus Christi* made with Perles, four drachms: Sirrup of Nenuphare and Ribes, of either one ounce and half.

Mix them together, and with a Licorice stick clean scrap'd, and a little bruised in the end, let the sick lick thereof.

CHAP. V.

Sheweth what is to be done when the Pox are all come out in the skinne.

FOr that oftentimes the face and hands, which is the beauty and delight of our bodies, are oftentimes disfigured thereby, I will shew you what meanes I have used with good and happy

succesſe

ſucceſſe for preventing thereof: which is, you may not do any thing unto them untill they grow white, and that they are come to maturation, which when you perceive, then with a golden pinne, or needle, or for lack thereof a copper pinne will ſerve, do you open every puſtulae in the top, and ſo thruſt out the matter therein very ſoftly and gently with a ſoft linnen cloth, and if you perceive the places do fill againe, then open them againe as you did firſt, for if you do ſuffer the matter which is in them to remain over long, then will it fret and corrode the fleſh, which is the cauſe of thoſe pitts which remaine after the Pox are gone, as *Avicen* witneſſeth: now when you have thus done, then annoint the places with this oyntment following.

Take Elder leaves, one handfull, Marigolds, two handfulls, French Mallowes, one handfull, Barrowes morte or greaſe, ſix ounces.

Firſt bruiſe the hearb in a morter, and then boyle them with the greaſe in a pewter diſh on a chafer and coales, untill the juice of the hearbs be conſumed, then ſtrein it, and keep it to your uſe, the beſt time to make it is in the middle or the latter end of May.

You muſt with a feather annoint the places grieved, and as it drieth in, annoint it againe, and ſo continue it oftentimes, for this will ſoon dry them up, and keep the place from pitts and holes, which remain after the Pox are gone.

Alſo if you annoint the Pox with the oyle of ſweet Almonds newly drawn three or four times a day, which you muſt begin to do ſo ſoon as the Pox are grown white and come to maturation, it will cure them without pitts or ſpotts, and eaſeth the pain and burning, and helpeth excoriation.

Some do onely oftentimes wet the places with the juice of Marigolds in the ſummer ſeaſon, and in winter the juice of the roots will ſerve: and by that onely have done well.

Mercurialis doth greatly commend this decoction following to be uſed after the Puſtulaes are opened.

Take Barley, one little handfull, red Roſes, a handfull, red Sanders, white Sanders, of either one ounce, Saffron, two ſcruples, Salt, four drachms, Clean water, three pound.

Boyle all together untill a third part be conſumed, you muſt

oftentimes touch the sores therewith, with a fine cloth wet therein, and as it drieth in, wet it againe, this in a short time will dry them up.

I have heard of some, which having not used any thing at all, but suffering them to dry up and fall off themselves without any picking or scratching, have done very well, and not an pitts remained after it.

When the Pox, after they come out, do not grow to maturation, how you shall help it.

Sometimes you shall find that it will be a long time before those pustulaes will come to maturation, or grow white: now here you must help nature to bring it to passe, which you may well do with this decoction.

Take Mallowes, one handfull, Figgs, twelve in number, Water, a quart.

Cut the Figgs small, and boyle altogether, untill half and more be consumed, and then wet a fine soft linnen cloth therein, and touch the place therewith oftentimes, which will soone bring them to maturation, and also ease the paine, if any be.

Ulceration, to help it.

If in the declining of the Pox they chance to grow unto Ulcerations, which is oftentimes seen: then for the curing thereof use this order here following.

Take Tamarinds, leaves of Lentils, Mirtils, budds of oaken leaves, red Roses dried, of either a little handfull.

Boyle all these in a pottle of clean water untill half be consumed, then strein it, and with a fine cloth wet therein do you wash and soak the place well, then wipe it dry with a soft and fine linnen cloth, and then cast into the place some of this powder following.

Take Frankincense, Mastick, Sarcocoll, and red Roses, of either two drachms.

Make all these into fine powder severally by themselves, then mix them together, and so reserve it to thy use.

A very good unguent for the same purpose.

Take oyle of Roses, vi. ounces, white Wax, one ounce, Ceruse washt in Rose and Plantaine water, one ounce and half, clear Turpentine, iii. drachms, Camphire, half a drachm.

You must first melt the wax in the oyle, then put in the Ceruse by little and little, alwaies stirring it with an iron spatter, and let it boyle on a gentle fire of charcoles untill it grow black, but stirr it continually in the boyling, for feare least it burn: then take it from the fire, and add thereto the camphire, and lastly the Turpentine: this unguent is good both to mundifie, incarnate, and sigillate.

For extream heat and burning in the soales of the feet, and palms of the hands.

Petrus Forestus willeth to hold the hands and feet in warm water, and that will ease the pain and burning, and may boldly be used without any danger.

For to help the sorenesse and ulceration of the mouth.

Sometime it chanceth in this disease, that there is a great ulceration or excoriation in the mouth and jawes, called *Aphthæ*, which if it be not well looked unto in time, will grow to be Cankers, now to cure and prevent the same, this gargarisme is excellent good.

Take Barley-water, a quart, red Roses dried, a little handfull, Sumach, and Rybes, of either two ounces, juice of Pomegranates, ℥ iii.

Boyle them altogether, saving the juice of Pomegranates, untill a third part be consumed, then strein it, and add thereto the juice of Pomegranates, with this you must often wash and gargarise, as also hold some thereof in the mouth a pretty while.

Also to prevent the same, the kernel of a Pomegranate held in the mouth is very good, and so it is excellent good to

to lick oftentimes some *Diamoron*, or juice of a Pomegranate.

For inflammation and paine in the tonsils and throate.

Take Plantaine-water, a pint, Sirrup of Pomegranates, two ounces.

Mix them together, and gargarise therewith oftentimes being warm.

Another.

Take Nightshade-water, a pint, Seeds of Quinces, four scruples.

Boyle them together a little, then strein it, and add thereto two ounces of the sirrup of Pomegranates, and gargarise therewith oftentimes.

How to open the eye-lids that are fastened together with the Pox.

Sometimes the eye-lids are so fastened together that you cannot open them without great pain and danger: then to open them you must foment or bath them well with a decoction made of Quince seed, Mallowes and water boyled together, wherein wet some fine linnen clothes five or six double, and apply them warm, and continue it untill you may easily open them, and then if you perceive any web or filme to be grown over the sight, then thrice a day do you put some powder of white sugar-candy into the eye, or if you list, you may dissolve the sugar in Rose-water, and so use it in the eye, which will fret it away, and preserve the sight.

A good Collery for a Web or Ungula in the eye.

Take the juice of Rue, Fennell, Salendine, Mallowes, of either two ounces.

Boyle them together in a vessell of glasse, or peuter, over a chafer with coales, and scumme away the froth that doth rise thereof, then add thereto the gaule of an Eel, one drachm, and let them boyle together a little, then put thereto four scru-

ples

pies of white copperas, and one scruple of verdigreace in fine powder, boil all together a little, then let it run through a fine linnen cloth, and keep it in a glasse, you must every morning and evening put one drop thereof into the eye, provided that first due evacuation be made so well by phlebotomie as purging.

CHAP. VI.

Teacheth how to help divers accidents which chance after the Pox are cured and gone.

For redneſſe of the face and hands after the Pox are gone, how to help it.

TAke Barley, Beanes, Lupins, of either one handfull: bruiſe them all in a morter groſely, and boyle them in three pints of water untill it grow thick like a jelly, then ſtraine it, and annoint the face and hands therewith three or four times a day, for three or four daies together, and then you muſt wet the face and hands ſo oftentimes a day with this water following.

Take Vine leaves, two handfuls: Beane-flower, Dragons, wilde-tanſey, of either one handfull: Camphire three drachms, two Calves feet, the pulpe of three Lemons, a pint of raw cream.

You muſt ſhred the hearbs ſmall, as alſo the Lemons, and break and cut the Calves-feet ſmall, then mix them together, and diſtill it in a glaſſe ſtill, alſo the water of May-dew is excellent good for any high colour, or redneſſe of the face.

For ſpots in the face remaining when the Pox are gone.

Take the juice of Lemons and mix it with a little bay-ſalt, and

and touch the spots therewith sometimes in the day, for it is excellent good.

A good ointment for the same purpose.

Take oyle of sweet Almonds, oyle of white Lillies, of either one ounce: Capons-grease, Goats-tallow, of either four drachms: Sarcocoll, half a drachm: Flower of Rice, and of Lupins, of either one drachm: Litharge of gold, one drachm and half: Roots of Brionie, and of Ireos, of either one scruple: Sugar-candy white, one drachm.

Make powder of all those that may be brought into powder, and searce them through a searce, then put them all in a morter together, and labour them with a pestle, and in the working do you put the water of Roses, Beane-flower, and of white Lillies *and* a great spoonfull, which must be put in by little and little in the working of it, and so labour them altogether untill it come to an unguent.

You must every evening annoint the face therewith, or hands, and in the morning wash it away in the water wherein Barley, Wheaten-bran, and the seed of Mallowes hath been boyled.

For holes remaining when the small Pox are gone.

For helping of this accident I have shewed many things, yet never could find any thing that did perfectly content me, but the best meanes that I have tried, is one day to wash the place with the distilled water of strong Vinegar, and the next day with the water wherein Bran and Mallowes have been boyled, and continue this order twenty daies, or a moneth together.

Running of the eares, how to help it.

Sometimes the eares do run very much in this disease, which in any wise you may not go about to stop in the beginning, but

but ſuffer it ſo to run, and the eares to remaine open: but if there be great pain in them, then wet a ſpunge in warm water and oyle of Roſes mixt together, and lay it upon the eares.

For ſtopping of the noſtrills, to help it.

Sometimes the noſtrills are greatly peſtered by ſtopping them with the Pox growing in them, which doth oftentimes cauſe ulceration in them, therefore to prevent the ſame, take red-Roſe, and Plantaine, of either one handfull: Mirrh in powder half an ounce.

Boyle all theſe in a quart of water untill half be conſumed, and ſo being warm, cauſe the ſick to draw the fume thereof into his noſtrills oftentimes.

Alſo if the ſick doth oftentimes ſmell unto Vinegar, it is good.

For hoarſeneſſe remaining when the Pox are gone.

Take Licorice, Sebeſten, Jujubes, of either two ounces: Fat-Figgs, four ounces, clean water, four pints.

Boyl all theſe together untill half be conſumed, then ſtrain it, and give one ſpoonfull thereof to the ſick oftentimes, and it helpeth.

For filthy and moiſt ſcabs after the Pox are gone.

Take *Lapis calaminaris*, Litharge of gold, and of ſilver of either two drachms: Quick brimſtone and Ceruſe, *ana* ℥ ii.

Bring all theſe into fine powder, and then labour them in a morter with ſo much Barrowes-mort or greaſe as ſhall be ſufficient to make up an unguent, and annoint the place therewith every morning and evening.

FINIS.

FINIS.

Some other few additionall observations concerning the passages in this latter Treatise.

Page the eighth of this precedent Book, a Quilt or Bag is commended to be very excellent; it is reported to be Pope *Adrians* Bag, which he used against infection, and in the great last Sickneſſe in *London*, it was commended to many great Perſons of worth by ſome Apothecaries, who kept it as a great ſecret, and affirmed, it would prevent infection, and preſerve them ſafe in that dangerous time; and thereupon ſold it unto them at a very great rate: But that you may not be deluded in the preſcription, I have ſet down the true receit thereof, as it was delivered unto me from the hands of a very noble friend.

A Preſervative againſt the infection of the air, and the Plague, often approvedby Pope Adrian, and many others of great rank and credit.

Take *Arſenick* two ounces, *Auripigmentum* one ounce, make little tablets thereof with the whites of Eggs, and Gum *Dragacanth*, and hang them about the neck againſt the heart.

I have alſo ſet down a red Cordiall water, very good againſt infection, which I had alſo from that noble friend.

Take a quart of good ſpirit of Wine, or very good *Aqua vitæ*, infuſe it in one ounce of good Mithridate, with as much good *Venice* Triacle: let it be cloſe ſtopped ſome few dayes

in the infusion before you use it, then pour the spirit clear off, and reserve it for your use.

But to discover what opinions other Physitians have held of that and the like, I have annexed hereunto their severall judgements hereafter, that amongst so many choise Medicines, they may select out the best and safest for their own preservations, when need shall require.

And to give them the better satisfaction, I have annexed, out of some choise Manuscripts, some approved Experiments, of some of our *London* ablest Doctors, as also out of some other Authors.

Severall opinions against wearing of Arsenick Amulets, as Preservatives against the Plague.

THe poysonous vapours of *Arsenick* being sucked or drawn into the body, when they find no contrary poyson with whom to wrestle with, as with an enemy, (for in an infected body there cannot be health, but we suppose him to be well, whom we desire to preserve so) those vapours must needs imprint a malignant and venomous quality on the spirit and heart, most adverse and pernitious to nature.

And by *Galens* own doctrine, all Alexiteries doe in a manner, if they be used too liberally, greatly offend and weaken our bodies; how can we then think, that ranke Poysons and Dilatories, (such as *Arsenick* is) being applied, as to penetrate into the noblest region of all other, will no whit violate and wast our naturall, vitall, and radicall heat? *Galen libr. de simp. cap.* 18.

Nor did *Galen*, or any of the antient Fathers and Professors of Physick, use to preserve from the Plague, or any other poison, by administring some other poison inwardly, or pre-

prescribing outwardly Applications, but proceeded by Antidotes, and Alexiteries, as will appear in *lib. de Theriaca ad Pis. cap.* 16. Wherefore, unlesse we will utterly disclaim or relinquish the method and prescripts of these worthy Antients, and prosecute new wayes and inventions, to oppose this man-yelling Monster, we must attempt it not with Poysons but Antidotes. And *Galen* defineth those to be Poysons, which agree not with nature, either well or ill affected at any time; for though there are some Poysons, which if they meet in the body with a contrary venome, to fight with it, and oppose it, that both doe perish in the conflict betwixt them; so that the party, by their collucation and struggling together, escapes with his life; yet all of them agree in uniform opinion together, that where they meet with no opposition, they ruine the party: And therefore conclude, that *Arsenick*, worn by a healthy man, finding not onely no contrary Poyson to make conflict with, but no Poyson at all, must necessarily thwart, and oppose, and make an onset on nature her self.

And to confirme their opinions, I have purposely introduced the judgements of other learned Phisitians concurring with them.

Gerardus Columbus, a learned Phisitian, reporteth, that it hath been observed, that the wearers of these Amulets, upon unusuall heating their bodies, have fallen into sudden *Lipothimies*, and Swoonings, with other fearfull accidents, which continued upon them till the Amulets or Placents were removed from them; and that others, though not instantly, yet after some time, have by late and woefull experience discovered their malignity, by falling into malignant and pestilent Fevers, some of them ending with death.

Franc. Alphanus, a Phisitian of *Salerne*, relateth of one, who wearing *Arsenick*, and heating himself with playing earnestly at Tennise, fell down suddenly dead.

Matthews Hessus also thus writeth, As Cordiall Bags or Amulets ought not to be disavowed, so empoysoned Amulets can be no way commended; nor doe I remember, that ever any received good from them, who abstained from other

Antidotes. But this I certainly know, that divers persons, who carry about them Quick silver in a Nutshell, by the vain perswasions of some impostors, have died of the Plague, and the counsellours and advisers of such like Amulets, have been the first have betaken themselves to their heeles, confiding more in their running than cunning: and yet these Quacks perswaded the ignorant people, with glorious promises and protestations, that whosoever carried Quick-silver or *Arsenick* about his neck, should be as safe, as if he had purchased a protection from the King of Heaven.

Historians also report, that *Caracalla*, though he were a wicked Emperour, prohibited by publick Edict or Proclamation, that no man should wear about him superstitious Amulets.

And *Theophrastus* the great (not without cause) esteemed *Pericles* to have a crazed brain, because he saw him wear an Amulet about his neck.

And hereunto Doctor *Francis Herring*, an able Phisician, as a Corollary to what hath before been written, addeth the experience of some *London* Phisitians, who report, they have seen foul holes made in the breasts of those that have worn those Amulets, and have observed divers to die, who have religiously worn them about their necks, as well as others.

And whereas the venters and setters out of these deceitfull wares, make them as a scout, to discover the infection when it beginneth to seize on a man, by clapping close to the heart, to guard that principall part, as the cheif Tower. It is a meer deceit and collusion: for whensoever the body is heated, this event followeth necessarily, though no other infection be near, but the poysonous and venomous *Arsenick* it self, whose salutation is rather *Joabs* imbracing, or *Juda's* kissing, than friendly preservatives.

Causes of the Plague.

There are two speciall causes of the Plague.

First, An infected, corrupted, and putrified air.

Secondly,

Secondly, Evill and corrupt humours ingendered in the body.

The air is infected, when the temperateneſſe of the air is changed from his naturall ſtate, to excellive heat and moiſture, which is the worſt temperament of the air, the vapours drawn up by the heat of the Sun being unconſumed, rot, putrifie, and corrupt, and ſo with the venome infect the air: Alſo dead Carkaſes lying unburied, as it often chanceth in Warres, evaporations of Pooles, Fens, Mariſhes, ſtinking and noyſome ſents and Kennels, and Aſtronomers ſay, Aſpects, Conjunctions and Oppoſitions of ill Planets, and Eclipſes of the Sun and Moon.

Alſo diſordering ones ſelf, either in diet or exerciſes bringeth one into the Peſtilence; therefore in time of contagion, outrages and ſurfets are to be avoided, as alſo all exceſſe of eating, drinking, ſweating, bathing, lechery, and all other things that open the pores of the body, and enter thereby ill aires, which invenome the lively ſpirits.

Signes of the Plague.

The ſignes which declare one infected already are many, but the ſecret token of all to know the infected of the Plague is; if there ariſe botches behind the eares, or under the armeholes, or about the ſhare; or if Carbunkles ſuddenly ariſe in any member, for when they appear, they betoken ſtrength of nature, which being ſtrong, laboureth to drive the poyſon out of the body; but if botches doe not appear, it is more dangerous, for it ſheweth, that nature is weak and feeble, and not able to expell and thruſt forth the venomous humours, and then you muſt have reſpect to the ſignes before rehearſed.

The infection of the Plague entereth into a man after this ſort.

In a man are three principall parts (that is) the Heart, Liver, and Brains, and each of theſe hath his cleanſing place:

If

If they appear in the neck, they shew the Brains to be cheifly vexed, if under the arme-holes the Heart, but if they appear in the share, the Liver is most infected.

For when a man hath taken infection, it presently mingleth with the bloud, and runs to the heart, which is the cheif part of man, and the heart putteth the venome to his cleansing place, which is the arme-holes; and that being stopt, putteth it to the next principall part, which it the liver, and it passeth it to his cleansing place, which is the share, and they being stopt, passe it to the next principall place, that is, the braines, and to their cleansing places, which are under the eares, or under the throat, and they being stopped, suffer it not to passe out, and then it is moved twelve hours before it rest in any place, and if it be not let out within the space of four and twenty hours by bleeding, it brings a man into a pestilentiall Ague, and causeth a botch in one of those three places, or near unto them.

The Cure of the Plague.

When thou feelest thy self infected, bleed in the first hour, or within six hours after, drink not, and tarry not above twelve hours from bleeding, for then when the bloud is sitting too and fro, the venome is then moving, and not yet setled, and after it will be too late; those that are fat may be let bloud, or else not.

If the master be gathered under the arme-holes, it comes from the heart by the Cardiacall vein, then bleed on the same side by the Basilica vein, the innermost vein of the arme.

If the botch appear behind the eares, above the chin, or in any other part of the face or neck, bleed out of the Cephalica vein on the same side; you may bleed with cupping Glasses, and Scarification, or Horseleeches.

If the botch appear in the share, bleed in the ankle on the same side, in any case not in the arme, for it will draw up the matter again.

But

But if no botch appear outwardly, draw bloud out of that side where you feel greatest pain and heavinesse, and out of that vein, the greif of the members affected shall point thee out.

If you perceive the Plague invade you at meat, or on a full stomack, vomit speedily, and when your stomack is empty, take some Medicine that may resist Poyson, as Mithridate, or Triacle, of some of these following, which, as choise Medicines, I have inserted, as being Doctor *Edwards* Experiments.

For the Plague.

Infuse two peices of fine pure Gold in the juyce of Lemons four and twenty houts, and drink that juyce with a little Wine, with powder of the *Angelica* roots: it is admirable, and hath helped divers past all hope of cure.

Another.

Take two drachms of Juniper berries, of *Terra lemnia* 9 i. make both into fine powder, and mix it with Honey, and take of it as much as a nutmeg. Or, in three spoonfuls of honeyed water made up thus: Take a pint of Honey, and of water eight pints, seeth and scum it at an easie fire, till the fourth part be wasted: It is an excellent Antidote against Poyson and Plague; if the Poyson be taken before, it will expell it by vomit, if not, the Medicine will stay in the stomack.

Another.

Take *Zedoary* roots the best you can get, great Raisins, and Licorice, champ it with thy teeth and swallow it, if you be infected it preserveth without danger.

Another

Another for botches, boyls, and tokens.

Take of ripe Ivy berries dryed in the shade, as much of the powder as will lye upon a groat or more, and put it into three or four ounces of white Wine, and lie in bed and sweat well; after your sweat is over, change shirt, and sheets, and all the bed clothes if he may, if not, yet change his shirt and sheets.

Some have taken this powder over night, and found themselves well in the morning, and walked about the house fully cured.

One having a Plague sore under the thigh, another under the left arme-pit, taking this powder in the morning, and again that night, the sores brake of themselves, by this excellent Medicine sent by Almighty God: It is good for Botches, Boyles, Plague-sores, Tokens, Shingles, *Erisipella*, and such like, &c.

Thus farre Doctor Edwards Doctor in Physick and Chirurgery.

Expe-

Experiments tried by my ſelfe.

For the Plague.

TAke of *Pillulæ peſtilentiales*, called *Riffi*, or of *Pauly Magogen* (or for want of it) of extraction *Rudii*, of each half a drachm, mingle theſe, into ſix pills for two doſes, whereof take three at a time in the morning faſting, for two dayes together.

Another excellent approved Remedy.

Take eight or nine grains of *Aurum vitæ*, either in Triacle water, or made up in *Diaſcordium*, faſting.

Another excellent ſweating powder for the Plague.

Take of the powder *e Chelis Cancrorum*, of *Aromaticum roſatum*, and of *Ceruſa Antimonii*, of each half a ſcruple, mingle theſe up together in a diaphoretick powder, and take it in four ſpoonfuls of Triacle water well mingled together.

The Cure of Diſeaſes in Remote Regions.

The Calenture.

HAppeneth to our Nation in intemperate Climates, by Inflammation of bloud, and proceedeth often of immoderate drinking of wine, and eating of pleaſant fruits, which are ſuch nouriſhers thereof, as they prevent the meanes uſed in curing the ſame.

To know the Calenture.

At the firſt apprehenſion it afflicts the Patient with great pain in the head, and heat in the body, which is continuall or increaſing, and doth not diminiſh and angment, as other Fevers doe; and is oft an Introduction to the *Taberdillo* or Peſtilence, but then the body will ſeem very yellow.

To cure the Calenture.

So ſoon as you perceive the Patient poſſeſt of the Calenture, (except the Chirurgion, for danger of the ſign defer it) I have ſeen the time of the day not reſpected, open the Median vein of the right arm, and take ſuch quantity of bloud, as agreeth with the ability of the bodie; but if it aſſwage not the heat by the next day, open the ſame vein in the left arme, and take ſo much more like quantity of bloud at his diſcretion; and if the body be coſtive, (as commonly they are) give him ſome meet purgation, and ſuffer him to drink no other then water cold, wherein Barley and Anniſe-ſeeds have been boyled with bruiſed Liquorice. And if within 4. dayes the partie amend not, or being recovered, take it again, open the vein Cephalick in one or both hands, bathing them in warm

warm Water, untill there come ſo much more bloud as cauſe requires. Suffer not the Patient to drinke ſeven dayes after he is perfectly recovered, any other drinke, then ſuch water, as is before herein directed.

The Taberdilla,

IS a diſeaſe ſo called by the Spaniards, by the *Mexicans*, *Cocoliſta*, and by other *Indians* is named *Taberder*, and is ſo exceeding peſtilent and infectious, that whole Kingdomes in both the *India's* have been depopulated by it, for want of knowledge to redreſſe themſelves of it.

To know the Taberdilla.

It firſt aſſaults the Patient vehemently with pain in the head and back: and the body ſeeming yellow, is ſome ſign thereof, and within 24 hours it is ſo torturous, that the poſſeſt thereof cannot reſt or ſleep, turning himſelf on either ſide, back or belly, burning in his back moſt extreamly. And when it growes to perfection, there will appear red and blue ſpots upon the Patients breaſt and wriſts. And ſuch perſons as have not preſently requiſite means applyed to them to prevent it, will be, by the vehement torment thereof, deprived of their wits, and many to ceaſe their pain by loſſe of their lives have deſpairingly ſlain, and drowned themſelves.

The Cure of the Taberdilla.

When you perceive it afflict the Patient, permit him not to lie very warm, nor upon feathers (for of what quality ſoever he bee in *Spain*, having this ſickneſs he is laid upon wheat-ſtraw:) Then immediatly open the Median Vein, firſt in one arm, and the next day in the other, taking a good quantity of bloud: Let him have water cold, wherein Barlie and Aniſe-ſeeds have been ſodden without Liquorice (for the Spa-

niſh Phyſitians hold Liquorice to bee hurtfull unto them) ſo much as he will deſire, which will be every moment; but no other drink, nor any raw fruits: Aſſoon as the ſpots appear, give him ſome Cordiall potion: and laying him upon his belly, ſet ſix Ventoſes together on his back, between and beneath the ſhoulders; and ſcarifying them, draw out (if it be a body of ſtrong conſtitution) 18 ounces of bloud. After which, and that he hath ſlept, he will find eaſe within twenty four hours, and ſuch alteration in himſelf, as he will thinke he is delivered of a moſt ſtrange torment. Then give him moderately nouriſhing meats, (for he will deſire to eat much) the fourth day, give him ſome convenient Purgations. And if in the mean while he is coſtive, provoke him every day by Cliſters; and warn him to forbear 15 dayes all other drink then what is ordained: And be very carefull of his diet, for if this *Taberdilla*, which we call here in *England* Gods Tokens, come againe unto the Patient, he can hardly eſcape it. And it is no leſſe Infectious, then the uſuall Engliſh Plague.

The Eſpinlas.

IS a ſtrange ſicknes, uſuall in thoſe parts to ſuch as take cold in their Breaſts, after great heat or travell. It comes moſt times to thoſe that lye with their breaſts upon the ground (eſpecially) in the night.

To know the Eſpinlas.

The Party having it, will be giddie in the head, and have pain and pricking at his breaſt, as with many thornes; from whence I thinke it is called, for *Eſpina* in Spaniſh ſignifies a thorn; and there will be upon the Focell, being the upper bone of his arm, a hand breadth above the wriſt, a little kernell by the which it is certainly known: He that hath this diſeaſe, will have appetite neither to meat, nor drinke, nor can digeſt meat, though he be invited and moved to take it.

To cure the Eſpinla.

The *Eſpinla* appearing by the former ſigns, take preſently oyle Olives, and therewith chafe the kernell upon the Patients arm, uſing ſo to doe twice every day, untill it be diſſolved; and laying oyle likewiſe upon his breaſt, ſtroke it upward ſomewhat hard with the hand; then ſpread fine flaxe upon it and the kernel, making it faſt with a rowler, and within two or three dayes the diſeaſed will be recovered thereof, whereas elſe it is very dangerous to deprive them of life.

Camera de Sangre.

Laxativeneſs, or Blondy Flux, proceed in thoſe parts of divers cauſes: As by eating Grapes, Oranges, Limons, Melons, Plantains, and eſpecially a great fruit growing in the Weſt Indies called *Pina*, like a Pine-apple, but bigger then four of the greateſt which I have ſeen, which the Spaniars hold for the moſt delicate fruit that is there, and many other fruits. Alſo by ſudden cold, or ſitting (being very hot) upon a cold ſtone, or being hot by drinking water abundantly. And alſo eating of Butter, Oyle, and Fiſh is ſo hurtfull to the parties that have it, that they muſt refrain to eat thereof, and whatſoever elſe, that may ingender any ſlimie ſubſtance in the Intrals.

The Cure of the Blondie Flux.

There is more poſſibility of cure, by how much more expedition the medicine is miniſtred; and detracting it, the Patients often die ſuddenly, without feeling much grief. For ſpeedy and aſſured remedie, the Patients bodie muſt be cleanſed of the ſlimineſs, ingendred in the paſſages of the nutriments, before any ſuſtenance can remain in his bodie. To that purpoſe purge him in the morning, with halfe a pint of white wine cold, wherein half an ounce of Rubarb being ſmal-

cut hath been sodden, putting some Sugar Candie to it, to sweeten it, and immediatly after he hath so purged, keep at his navell Rosemary sod in strong Vinegar, applyed in the morning and evening very hot, untill it be stayed; giving him often Quinces bruised, and rouled in Marmalade like Pills, which he should swallow whole, and none of the fruits or meats before recited, nor any more white wine, but red wine of any sort: And if it be one the land use the Livers of Goats, (especially) Sheeps, or Bullocks rosted; not willingly permitting the Patient to eat any other meat: And if at Sea, Rice onely sodden in water, rather then any thing else usuall there, untill the infirmitie bee perfectly asswaged.

The Erisipela,

REigneth much in those Countries, proceeding from the unwholsome aires and vapours those hot Countries doe yeeld, whereof many perish; and if it bee not prevented by Medicines presently ministred to the Sick Patients, it proveth incurable.

To know the Erisipela.

Hee will be swoln in the face, or some part of him, and it will be of yellow colour mixed with red. And when it is pressed with the finger, there will remain a sign or dint of the same, and then by degrees it will fill again to the former proportion. It speedily infecteth the inward parts, because such swellings come sooner unto perfection in hot places, then in temperat Countries, and therefore the diseased thereof, must immediatly be provided of remedie.

To Cure the Erisipela.

The Savage people first found out perfectly how to cure this disease, (though it is the Spanish name of the Maladie) by braising so much Tobacco as will yeeld four spoonfuls of juyce,

juyce, and to drinke it preſently after they are infected therewith, and to launce the places ſwollen, thereunto putting *Caſſade* wet, and made into paſte, continuing in cold and ſhadie places neer Rivers: and not to travell and labour till they bee recovered: The Spaniards in *India* doe recover themſelves by taking the ſame juyce of Tobacco, and ſetting ſo many Ventoſes upon the ſwoln places as they can contain, ſcarifying them, and drawing out the corrupted humour ſo congealed, uſing the like in two or three other parts of the bodie, where the diſeaſe doth not appeare.

The juyce of Tobacco is very excellent to expell poiſon, and is the ordinary remedie uſed by the *Indians*, and other Savages when they are poiſoned, and bitten with Scorpions, or other venemous creatures: But they make preſently ſome inciſion where they are bitten or ſtung, and waſh it with the juyce of Tobacco, then applying the ſame bruiſed thereunto two or three dayes, they heal it up with dried Tobacco.

The Tinoſo *or Scurvie.*

IS an infecting diſeaſe ſufficiently known unto Sea-fayring men, who by putrified meats, and corrupted drinks, eating Bisket flourie, or foul cruſted, and wearing wet apparrel (eſpecially ſleeping in it) and ſlothfull demeanour, or by groſſe humours contained in their bodies get the ſame.

To know the Scurvie.

Many have periſhed when they returned out of hot Regions into cold Climates, where they have had the parts of their bodies, which with heat, were nimble and tractable to every motion of the Spirits, dulled and benummed with cold, which is a token that this diſeaſe is ingendring in their joynts; and ſooneſt appears by ſwelling of their ankles, and knees, and blackneſs of their gums, or looſeneſs of their teeth, which will ſometimes come forth, when there is no remedie uſed in ſeaſon.

Preſer-

Preſervatives againſt the Scurvy.

You muſt have a care to preſerve thoſe things before rehearſed well conditioned, the badneſſe whereof, in part breed this diſeaſe; they muſt uſe exerciſe of body, and ſuch as are exempted from doing of labour, muſt hang or ſwing by the armes twice or thrice every day; they muſt not have ſcarcity of drink in hot climates, and coming into the cold, muſt be daily releeved with *Aqua vite* or Wine: It is alſo an aſſured Medicine againſt this diſeaſe, to have ſuch quantity of Beer brewed with graines and long Pepper, as in the morning, twice every week, there may be given a good draught to a man, proportioning three quarters of a pound of graines, and three quarters of a pound of long Pepper, to a Hogſhead of Beer: Alſo white Wine, or Syder, boyled and brewed with graines and long Pepper in like quantity, is very ſingular good: And it is not fit to ſuffer the gummes to abound with fleſh, and therefore ſometimes let them bleed, and cleer them with ſtrong Vinegar.

To cure the Scurvy.

If the Scurvy be ſetled in his mouth, the corrupted and black fleſh muſt be taken away, and his mouth waihed with ſtrong Vinegar, wherein graines and long Pepper have been infuſed and brewed, and give him daily the drink that is before preſcribed; and as well ſuch as have it in their mouths, as thoſe that are ſwoln in their limbs, muſt have ſome meet Purgation preſently; but thoſe ſo ſwoln or ſtiffe (for ſo ſome will be without ſwelling) to ſcarifie the parts infected, and to apply thereto a Poultis or Cataplaſme of Barly meal, more hot than the Patient will willingly ſuffer it; ſo doing every morning, permit him not to reſt two houres after, although being numbed or faint, he be ſupported to walk, and ſuffer him not to eat any ſalt meats, if other meats may be had.

My ſelf having eighty men, eight hundred leagues out of

England,

England, sick of the Scurvy, I used scarifying, and to the places scarified (being destitute of the helps mentioned) I applyed Poultisses of Bisket-beaten in a morter, and sod in water, which, with the comfort of some fresh meats obtained, recovered them all except one person, and they arrived in *England*, perfectly sound.

Other Observations concerning the Scurvy taken out of other Books.

1. THose that are troubled with the Scurvy, their thighs are stained with a violet colour, that one would think, that something of that colour were spread upon it, their gummes are corrupted, and their teeth loose; these ever are signes of that disease.

2. Some are onely pained in their teeth and gums, some otherwise; some doe never break out, others their whole thighs are stained.

Observations out of Sennertus, *concerning the Scurvy.*

1. MUltitude of passions, and change of diseases in it.
2. Greif of mind, and uneasie breathing and stopping.
3. Corruptnesse of the gums, and ill savour of the mouth.
4. Ach of the teeth.
5. Spots.
6. Urine.
7. Pulse.
8. Vein of the legs about the ankles, together with the hands and fingers, the nuch, the knees, and the moving of many parts, with swellings.
9. Pain in the belly, about the forepart of the belly, about the short ribs.

10. Feebleneſſe and ache in the ſoynts.
11. Paines of the reines, and ſtrangury.
12. Head-ache.
13. Plurifie.
14. Gout.
15. Benumming, and the Palſie.
16. Trembling, and panting of the heart, and ſhaking.
17. Cramp, pricking or ſhooting Aches, and Epilepſie.
18. Contractions, and ſtiffeneſſe of limbs.
19. Apoplexie.
20. Over-much { Sleeping. Watching.
21. Fear and ſadneſſe.
22. Madneſſe.
23. Abundant bleeding about the noſe.
24. Memory weak.
25. Ache in the ſhoulders.
26. Appetite decayed, thirſt and drineſſe of mouth.
27. Belching upwards.
28. Diſpoſition to vomit, or vomiting.
29. Continuall ſpitting.
30. Looſeneſſe in the belly, ſometimes with bloud.
31. Belly bound at other times.
32. Muck ſweat, with ill ſavour of the body, and Ptyſick.
33. Ill colour of the face, and yellow Jaundies.
34. Swelling of the legs, and Dropſie of the belly.
35. Mighty heat.
36. Fevers. { 1. Quotidian. 2. Tertian. 3. Quartain. 4. Continuall.
37. Plague or Peſtilence.
38. Swelling, or puffing up of the fleſh.
39. Leanneſſe of the thighs, and whole body.
40. Saint *Anthonies* fire.
41. Gangrena, when the ſore parts rot and mortifie.

A Water to make a man see within 40. dayes, though he have been blind seven years before, if he be under fiftie years of age.

TAke Smallage, Fennel, Rue, Betonie, Vervain, Egrimonie, Cinquefoil, Pimpernel, Eyebright, Celydonie, Sage, *ana* a quartern, and wash them clean and stamp them, doe them in a fair mashing pan, put thereto a quart of good white wine, and the pouder of thirty Pepper cornes, six spoonfuls of life Honie, and ten spoonfulls of a man childs urine that is innocent, and mingle them well together, and seeth them till the half be wasted, and then take it down and strein it, and afterward clarifie it, and put it in a glasse Vessell well stopt, and put thereof with a feather into the eyes of the blind, and let the Patient use this Medicine at night when he goeth to bed, and within forty dayes he shall see. It is good for all manner of sore eyes. Wilde Tansey water is good for the eyesight; and eating of Fennell seed is good for the same.

For the Web in the Eye.

The Leaves of white Honie-suckles, and ground Ivie, *ana*, ground together, and put every day into the eye, cureth the Web.

Salt burnt in a flaxen cloth, and tempered with Honey, and with a Feather annointed on the eye-lids, killeth wormes that annoy the eye-lids.

For Wind in the Side, that maketh the Head swim.

Take of Cammomil three ounces, a penniworth of pouder of Cummin sewed in a Poke like a stomacher, boil it well in stale Ale, lay it to the side hot, and when it is cold renew it again hot.

Contra Surditatem.

1. *Betonica sæpe injecta tepide, mire proficit contra aurium dolorem*

rem & surditatem, & alia vitia, & sonos extraneos non finit manere.

2. Rost an Onion as hot as you may suffer it, lay it upon the ear with a linnen cloth laid between. *Probatum est.*

Contra lupum, venit sæpe super oculum aut pedem.

If it be incurable, it stinketh, fretteth, and the wound waxeth black.

Take Salt, and Honey, and Barley, *ana*, burn them in an Oven, wash the wound with Vinegar, and dry it with linnen clothes, and then lay on the pouder, and doe so till it amend.

Pro Cancro & Lupo.

Take half a pint of Juyce of Mollein, and half a pint of Honey, sodden to the thicknes of honey, and mingle with these poudets, and lay on the sore. Take Orpiment and Verdi-grease, of either a drachm and a half, juyce of Walwort a pound and a half, honey a quartern, Vinegar, boil them altogether till it be as thick as honey, lay thereof on the hole of the sore twice every day, with juyce of Ribwort, and drinke juyce of Avence.

Ribwort stamped and laid on the sore, will kill it.

Pro Oculis.

1. *Lac mulieris quæ masculum genuit, sed præcipue quæ gemines masculos genuit, mixtum cum albumine ovi, & in lana compositum passiones & lachrymas oculorum mitigat, et deficcat, si fronti lacrymantis imponatur: & proficit, etiam ad oculum ictu percussum, & sanguinem emittentem, vel epiphoras habentem, vel in dolore constitutum.*

2. *Si quis duarum fœminarum, matris & filiæ lacte perunctus fuerit, qui uno & eodem tempore masculos habent, in omni vita sua dolorem oculorum non habebit.*

3. Eyebright juyce, or water, is excellent good for the eyes.

4. An

4. Annoint a red cole leaf *cum albumine ovi, & quando in capitum oculo applica.*

For Bleared Eyes.

Take the juyce Peritory, temper it with the white of an Egg, and lay it all night to your eyes, *& quando removes, lava cum sueco.*

Cornes.

Annoint thy cornes often with fasting spittle: Or cleave a black Snail to it.

Take Woodsoure and lay to the corn, and that shall gather out the *Callum* thereof, and be whole, but you must first cut it about with a knife.

Apostema.

1. *Gentian* used twice or thrice in a week *ad quantitatem pili destruit Apostema.*

2. Drinke water of Endive, Petty Morrell, with the pulp of *Cassia-Fistula.*

3. Take *Scabios*, red Pimpernel, Solstickle and Fumitorie, make these into pouder, and use a spoonful thereof in the morning, especially in May. *Probatum est.*

Pro stomacho frigido.

1. Oates parched and laid in a Satchell upon a cold stomack, is an approved cure.

2. The crust of a brown loaf made hot and sprinkled with vinegar, and laid on a cold stomack, *Salvabit.* 3. A tile stone made hot and sprinkled with Vinegar, Rysell or Ale, wrapt in a clout, and laid to the stomack, is good.

Pro dolore stomachi.

1. Stamp Fennell, and temper it with stale ale, *& bibat tria cochlaria simul.* Seeth Pennyroyall and binde it to his Navel as hot as he may suffer it.

For winde or gnawing in the Belly.

Take *Calamus Aromaticus*, Galingale, and a little Fennel seed, Cloves, and Cinnamon, grate or beat them together, and take them in pouder, or drink them with ale.

For the Small Pox.

Take Almonds, and make Almond milk, and take the cream thereof

thereof, and bath the face twice or thrice, though all the Pocks be pulled away, it shall not be Pock fret.

Annoint oft the Patients eyes with a linnen cloth wet in the juyce of Sengreen, and it will save them from the Pox.

For a stroke in the eye.

Juyce of Smallage and Fennel, and the white of an Egg, mingled together, and put into the eye.

Bloudshed in the eye.

Five leaved grasse, stampt with Swines grease, and with a little salt bound to the eye.

Pro Oculo & Aure.

Sint calida quæ aure imponuntur, & frigida quæ in oculo.

For a Vennied sore.

Take Lavender, Marigolds, Sengreen and Betonie, and stamp them together, and lay them to the sore.

To make a swelling break.

Take pisse and Vinegar, and Sage M. i. stamped, and flour, and boil them together, and lay it hot on a cloth to the sore.

For the Squinsie.

Bray Sage, Rue, and Parsely Roots, and lay them hot to the throat.

For Biting of a mad Dog.

Stamp Mint, and clear Leeks, and lay it to the sore.

To breake a Botch.

Make a Plaister of Woodbine leaves, and lay to the sore.

For yeaning.

Take Hearb Bennet, and Sheeps tallow, and oyle Olive, frie them together, and lay it to the sore place.

To increase Milk.

Pouder of Annise, and the juice of the bark of Fennell root drunke.

If milk be thick.

Eat mints, and boil mints in wine and oyle, and lay on the breasts.

For Botches, Wounds, and Sores; a salve.

Boil black Rosin, red Lead, and oyle Olive together; & *fiat emplastrum.*

Qui

Qui bibit novem dies simul propriam urinam, nec habebit epilepsiam, paralysin, nec colicam.

Venenum.

1. *Qui bibit propriam urinam, sanabitur a sumpto veneno.*

2. Garlick, Rue, Centaury, graines of Juniper, *valent contra venenum.*

3. Pouder Hempseed, and mingle it with Goats milk, and let them boyle a little, and use this drink three dayes, *valet contra inflationem, venenum,* Bubonem, Felon, *& squinanciam.*

Pro Auribus.

Green Ash leaves burnt, and the liquor that drops out of them *impositum valet.*

Euphorbium pounded with Oil Citron, and laid hot on the eares, cureth sounding of the eares, tingling, and Fistulaes.

Caput-purgium.

Take the juyce of Ivy, and powder of Pepper, mingle them, together, and drink it.

For the bloudy Flix.

The yellow that groweth in red Roses put into pottage, and so eaten, is good for the bloudy Flix.

Vermes Stomachi.

The same yellow drunk in Ale. *valet contra Vermes.*

For a Felon.

Scabious stamped small, a good quantity of Tar, and greace *ana* temper them together, and all raw, lay them to the sore place.

For the Reines of the back.

Boyl your own water well, scum it, then take a quart of that water, oyle of bayes one ounce, oyle of Roses one ounce, boyle all in a pot, and therewith annoint well the reines in the hot sunne, or against the fire.

Unge renes, cum nasturtio & propria urina jejunus sæpe, & juvat renes.

Coque mel & butyrum simul & unge renes coram igne.

Seeth Smallage, and temper it with Wine, and drink it fasting, and you shall be healed.

For

For them that cannot goe upright for pain in their back and reines.

Take a fat Hen, and scald her, and draw her, and fill her with *Sene coddes* 1d weight, and Polipody of an Oak, and of Annis, 1d weight, boyl her well, and strain her into a vessell, and take two spoonfuls thereof, and give it the sick first and last.

For the Stitch.

Take three handfuls of Mallowes, seeth them in a litte raw Milk, and put thereto a handfull of wheat bran, and let them boyle together, and then wring out the Milk, and lay it hot to the Stitch, apply it often.

Take a few leaves of Rue, and Yarrow, stamp them together, and wring out the juyce, and drink it with a little Ale.

For the Stitch in the side.

Make Balls of red Wortes sodden, and burne them in a new pot, and then grind them to powder, and mingle them with Honey and old Greace, and make a plaister, and lay it thereto when it is well sodden.

For heal Wounds.

Take Ribwort, Plantain, Smallage, *ana.* take well nigh as much *May* Butter as of the juyce, mingle it together, that it be standing and put it in a Box that no air come thereto, and make an Ointment, and this is the secureft Medicine for healing Wounds.

For Swelling of joynts.

Bray Mallowes, and boyle them in new Milk, and make it into an emplaister and apply it to the place.

To knit Sinews or Veins that are kicks or broke.

Take two Onions in summer, when thou findeft two Wormes knit together, cut off the knots, and lay them to dry against the Sun, and make thereof powder, and cast it in the Wounds, and it will doe as aforesaid.

Ut virga hominis nunquam erigatur.

Formicas istas pulveriſabis, misce cum vaccinis lacte & da cuivis in potu &c.

Ver-

Verrucæ, Porri, ficus.

Cortix salicis combustus & temperatus cum aceto, & appositus, verrucas, porros & ficus tollit. Portulaca fricata tollit verrucas. Agrimonia trita & emplastrata cum aceto verrucas tollit.

Stercus ovis si misceatur cum aceto, & fiat emplastrum, tollit varielas & verrucas.

For Corns.

Take Beanes and chew them in thy mouth, and lay them to the Corn, doe this at night.

For Warts.

1. Purslane rubbed on the Warts maketh them fall away.

2. The juyce of the roots of Rushes and applied, healeth them.

For a Wound that bleedeth inwardly.

Take *Filago*, and temper it with Ale or Wine, and give it him, and anon the bloud shall goe out by his mouth; and if the Patient cannot open his mouth, open it with a key, and put it in, and he shall receive his speech, this hath been proved.

If men have any blood within them of any hurt.

Let them drink Eufrase sodden with water, and anon they shall cast it out by vomit.

Aqua pro scabie, tumore, & pruritu.

Ashes made of green Ashen wood sifted clean, and mingled with clean water, and often stirred, all a whole day, the water thereof, that is clear gathered, and mingled with a little Vinegar, and a little Allome, and sodden together, is a precious water to wash with, sores of swellings, and for itchings, and cleansing of divers sores.

An vulneratus vivat, vel non.

The juyce of Pimpernell drunk with water, if it come out at the Wound of a wounded man he shall dye, if it come not, he shall live.

Also give him Trefoile to drink, if he cast it out he shall die.

To destroy an Impostume, in what place soever it be.

Take the roots of marsh-mallowes, wash them and boyle them, afterwards take the same water, and boyle it with the

seed of Fenugreek, and Line, then bake it with the bran of Barly, afterwards fry it with Bores greace, make thereof an emplaister, and apply it hot, and within a short time the Patient will be cured.

For Warts.

1. Agrimony stampt with Salt, and tempered with Vinegar, and laid on the Warts, within four dayes doth take them away.

2. Take the yolk of an Egg well roasted, stamp it with oyle of Olive, or oyle of Violets, and make it in manner of a plaister, and this will doe away the Warts in a night.

3. Rub them oft with oaken Apples, and bind a plaister thereof on them, and bray blossomes of Golds, and Agrimony with Salt, and lay them to as a plaister.

4. Burn Willow tree rind, and temper the Ashes with Vinegar, *& utere.*

Oleum Nucum.

Take Nuts whole, seeth them in water, and then break them, and take out the kernels and stamp them, and then wring them through a cloth, and that Oyle is noble and mollificative.

Unguentum Dialæhæa *optimum pro podagra.*

Take Brocks greace, Swines greace, Ducks greace, Capons greace, Ganders greace, suet of a Deer, Sheeps tallow, *ana. p. æ.* melt them in an earthen pan, then take the juyce of Rubarb, marsh-Mallowes, Morrel, Comfrey, Daysie, Rue, Plantain, Mace, Heyrif, Matfelon, and Dragons, *ana. p. æ.* fry them in a pan with the foresaid greace, *secretum pro podagra.*

For the Collick and Stone.

℞. *Cepas Rubras, pista commixta cum mulvasceto, & bibe calide.*

Aqua propter ulcera & malum mortuum.

℞. *Aquam fabri potell. 2. salviæ, cuprifolii nasturtii & modicum mellis, coque ad medium, & lava locum.*

Aqua pro alceribus.

℞. *Apii, Salviæ, Sempervivæ, ana. M. i. pista & coque in una ℔. ß. aquæ currentis, postea cola & adde ℥. iiij. Aluminis, Mellis, ℔. ß. Bulliet alumen modicum, adde ℥. iiij. Camphoræ & reserva.*

Ca-

Capitis dolor.

Coque Cumium in malvazeto, & lava caput.
Pista rutum, cum sale, & fiat emplastrum.

For Bones broken in a mans Head.

℞ *Agrimoniæ Contisam fiat emplastrum. Item bibe Betonicam* p. i. *& resurgant ossa & sanatis pro acto vulnera.*

Capitis dolor.

℞. *Rutæ, hederæ terrestris, folia lauri, coque in aqua vel vino & fiat emplastrum super caput.*

℞. *Celidoniam, pista & coque cum butyro versus dolorem capitis etsi cranium cecidit de loco, &c. & lava cum decoctione ejusdem erbæ.*

Corvi albi.

Attende cum corvus habet ova, & unge ter vel quater cum melle, & pulli eorum erunt albi.

Ebrii.

Qui prius biberit crocum quam ad potationem inierit, crapulam vel ebrietatem non incurret.

Acetum.

Ut acetum redeat in vinum semen porri immitte per duas noctes.
Ova rotunda producunt gallinas, longa vero gallos.

Fistula.

Hebba Roberti Fistulæ emplastrata, vel succus ejus in eam posita eam curat.

Succus caprifolii naribus impositus, polypum recentem & cancrum, & fistulam curat.

Pro virga virili combusta cum muliere.

℞. *Sume morellæ & sedi & axungiæ porcinæ, p. æstiva & suppone.*

Contra exitum ani.

℞. *Urticas rubras pista, & in olla terrea coque in vino albo*

ad medium, postea bibe mane & sero, calida & sedes superpone.

Contra fluxum.

1. ℞. *Cornu cervi, & conchas ostrei, combure & da pulverem mane & sero 9 dies.*

Plaister of Paris.

2. ℞ *Pulverem* alabastri *misce cum albumine ovi, pone super tempora & alia loca.*

An virgo corrupta.

Pulverizza fortiter flores lilii crocei quæ sunt inter albos flores & si comedere de illo pulvere, & si est corrupta statim minget.

Ut dens cadat.

Pulvis sterconis caprę positus supra dentem, facit cadere (cave alia.

Pro combusto cum muliere.

Take pouder of a linnen cloth when it is well burnt, and take the yolks of eggs, and mingle them well together, and therewith annoint the sore, and put the pouder into the hole.

A Drink that healeth all Wounds without any Plaister or Ointment, or without any taint most perfectly.

Take Sanicle, Milfoil, and Bugle, *ana*, p.æ. stamp them in a morter, and temper them with wine, and give the sick that is wounded to drinke twice or thrice in a day till he be whole. Bugle holdeth open the wound, Millfoil cleanseth the wound. Sanicle healeth it, but Sanicle may not be given to him that is hurt in the head if the brain-pan be broken, for it will slay him, and therefore it is better in another place: This is a good and tryed Medicine.

Unguentum genistæ.

Take *Flores genistæ*, floures and leaves of Woodbind, *ana* p.æ. stamp them with *May* Butter, and let them stand so together all night, and in the morning make thereof an ointment, and melt it, and scum it well: This Medicine is good for all cold evils, and for sleeping of hand and foot.

Unguentum Augustinum *is good for all sore legs that be red and hot.*

Take Groundsell and Petty Morrell, and stamp them, and temper

temper them with May Butter, and put them in a pot fast closed, and let them stand so nine dayes, and then frie it over an easie fire, and strein it through a cloth, and put it in a box for your use.

Unguentum viride *is good* pro erectione virgæ, *and for the* mormale; *no ointment worketh stronger then this.*

Take a pound of Swines grease, one ounce of Verdigrease, half a scruple of *Sal gemmæ*, this ointment may be kept 40. winters: *Valet contra cancros*, and for running holes, it fretteth away dead flesh, and bringeth new, and healeth old wounds; put it within the wound that it fester not: Put to this ointment, Pitch, rosin, and waxe, and it will be a fine heat for old bruises, swellings, and Mormales.

Unguentum nigrum, *for wounds, heating and burning.*

Take a quart of oyle of Olive, and boil it well, then cast in a quart of red lead, and stir it well with a slice, and boil it till it be black, and then let it cool; and keep it for drawing and healing.

Unguentum Rubrum.

Take a pint of honey, half a pint of Vinegar, and a portion of Verdigrease, boil them together, and it is good for all manner of sores.

Contra vomitum.

1. ℞. Rosewater, pouder of Cloves, and Mastick, and drinke it hot.

2. Take Mints thre ounces, Roses half an ounce, Mastick one ounce, Barlie meal, and a crust of bread tosted, and this manner of Plaister apply to the stomack.

3. *Rura cochleare i. bibe cum vino vel cerevisia, multum valet.*

4. Pouder of Gilliflowers strewed on his meats, stancheth immediately.

Note, He must eat no meat whilst he casteth (*ut virtus maneat.*

Fluxus sanguinis narium.

1. Hens feathers burnt, and the smoke thereof applyed to the nostrils stinteth it.

2. A pigs turd burnt, and made into pouder, blown into the nostrils.

3. The juyce of Smallage drunk restraineth bleeding. *Probat.*

4. *Succus menthæ & rutæ mixtus curat fluxum narium.*

Contra Sciaticam.

Stercora leporis temperata et calido vino applica forma emplastri dolori.

Freckens of the face.

1. Grease your face with oyle of Almonds, *Cribis succum plantaginis.*

2. Annoint your visage well and often with Hares bloud.

To know if a man be a Leper or no.

Let him bleed, and put the bloud into water, and if the bloud swim above, he is a Lepar, and if it descend, he is clean.

For ache in the loins.

Take Waybread, and Semicle, stamp them, and put thereto Bores grease, *& forma emplastri calido dolori applica.*

For a foule Head.

1. Wash thy head with Vinegar, and Camomil stamped and mingled together, there is no better thing for the Scall. *Probat.*

2. Grinde white Hellebor, grinde it with Swines grease, *applica capiti.*

3. Take Culver dung with Salt, and a little Vinegar, and stirre them well together, and therewith wash thy head, *& sanabis capitis fœditatem.*

Ad eandem facit.

Take fresh Bores grease, and the white of an Egg, and stamp them together with a little pouder of Bayes, and therewith annoint the visage, and it shall clear the skin, and make it white.

If the Liver rot.

Eat raw Parsely 9. dayes, and 6. dayes after eat Sage, and that will cleanse that the Parsely hath wrought.

Now, All Hearbs who for bloud be medicinable, are best in Aprill.

For stopping of the Piles.

Take Leaves and tender stocks of Horehound, stamp them and

seeth them well in Butter, then wring it through a cloth, cool it, and adde to that powder of Liquorice, and of Hysop, mixe them together, and keep it in a Box, and when thou wilt, take a spoonfull, and temper it with hot wine, and use it when thou goest to bed.

Aliud.

℞. A good quantity of Hysop, seeth it in half a gallon of good wine, till half bee sodden away, and let the sick use it first and last, at evening hot, and at morning cold. *Probat.*

Aliud.

℞. The juyce of Cinquefoil stamped, and drinke a sup thereof with wine or ale, and it shall clear thee of much flegm, above and beneath.

The Plague water.

TAke a handfull of Sage and a handful of rue, and boil them in three pints of Malmsie, or Muscadine, untill one pint be wasted, then take it off the fire, and strain the wine from the hearbs, then put into the wine two pennyworth of long Pepper, half an ounce of Ginger, and a quarter of an ounce of Nutmeg, all grossly bruised, and let it boil a little again: This done, take it off the fire, and dissolve it in half an ounce of good *Venice* Triacle, and a quarter of an ounce of Mithridate, and put to it a quarter of a pint of strong Angelica water, so keep it in a glasse close stopped for your use: For preservation you shall take every morning a spoonfull warm, and lay you down to sweat upon it, and so continue to take it twice a day untill you perfectly recover. This water likewise cureth the small Pox, the Measels, Surfets, and Pestilentiall Fevers.

A Cordiall Water good for the Plague, Pox, Measels, all kind of Convulsions, Fevers, and all pain of the Stomack.

Take Sage, Rosemary, Rue, Celandine, Scabios, Agrimonie, Mugwort, Woormwood, Pimpernel, Dragon, *Carduus benedictus, Rosa solis*, Betonie, Marigold leaves and flowers, Centurie,

rurie, Polipodium, Scurvie grasse, of each a handfull, wash them and swing them in a clean cloth till they be dry, then shred them small, and take the roots of Zedoarie, Tormentill, *Enula campana*, Angelica, Liconce, of each half an ounce scraped, and sliced, then take of the best white wine eight pints; put them all into an earthen pot well leaded, let them stand two dayes close covered, and stirre them once in the day, then still them in a Limbeck, with a temperate fire; it will be two dayes and a night in the still: keep the first pint by it self; of which you may take a spoonful at a time; of the next quart take twice so much; of the next pint you may give to little children a spoonful at a time: Lute the still well, that no aire come forth, and keep it in close glasses.

For a Child that hath the Ague.

Take the Hearb called Hartshorn, stamp it, then mingle it with bay Salt, and three or four houres before the fit come apply it, forced upon a linnen cloth, to the Childs wrists, and when the fit is past, apply a fresh one before the next fit, and in a few fits, God willing, she shall be cured.

For a burning Fever.

Take red mints two handfull, boyle them in a quart of running water, to the consumption of half, strain it, and put thereto four or five spoonfuls of white Wine Vinegar, and as much Honey, boyle it to the height of a Sirrup.

Take of Endive two handfuls, boyle it in a quart of water, to the consumption of half, take two spoonfuls of this, and one of the Sirrup, in the morning fasting, and at any other time you please.

For the Jaundice black or yellow.

Take of White Wine one pint, steep therein of the root of *Celidon*, the weight of twelve pence, of Saffron one pennyworth, a rase of Turmarick, bruise all, and bind them in a fine peece of Laun, and let it infuse in the Wine a night, drink

a part

a part thereof in the morning, one other part at noon, and the rest at night.

To bring down the Flowres.

Take of Alligant, or Muskadine, or Clarret, a pint, burn it, and sweeten it well with Sugar, put thereto two spoonfulls of Sallet oyle, then take a good Bead of Amber in pouder in a spoon with some of the wine after it, take it evening and morning.

To stay the Flowres.

Take Amber, Corrall, Pearl, Jeat, of each alike, grind them to a fine pouder, and searse them; take thereof as much as will lye upon six pence with conserve of Quinces, and drink after it a draught of new milk, use it every morning.

For the Mother.

Take a brown toft of four bread of the nether crust, and wash it with Vinegar, and put thereto black Sope, like as you would butter a toft, and lay it under the Navill.

For the Stone.

Take Saxifrage, Pellitorie, Parslie, Eyebright, wild Thime, of each two handfuls; of Raddish roots two or three, steep all in a pottle of red cowes milk a night, then still it, make of this quantity two stillings.

You must take at a time nine spoonfuls, as much Renish or White wine, and the juice of a Lemon, sweeten all with Sugar, and take it fasting, if your stomack be cold, slice a little Ginger, and put into it.

For a cold, cough, Phisick, or any defect of the Lungs.

Take Horehound, Maiden hair, Liver-wort, Harts tongue, Germander, Hysope, Agrimonie, of each a handfull, wash them and boil them in six pints of running water in a pipkin, till four pints be consumed at least, drain it, and put the liquor into another clean Pipkin, put thereto of the root of *Enula campana* in pouder and searsed one ounce, of Licorice so used two ounces, of pure honie eight or nine spoonfulls;

body, it will grow somewhat thick, then set it to cool. Take the quantity of half a nut at a time, as often as you please.

The best time to make it is in May.

For a Stitch.

Take of stale Ale, two pints, clarifie it, and boyl therein of the tops of green broom a handful, then sweeten it with Sugar, and give thereof to the sick warm to drink.

Also take Beer, make it very salt, put a little Nutmeg thereto, and drinke thereof blood warm.

Apply upon the grief outward, Fengel seed, and Cammomile made wet with Malmsie, as hot as can be suffered, three or four dayes together.

Or take a toft of Rie bread tosted on a gridiron, and spread Tar thick thereon, lay it hot next the skin, and let it lye 9, or 10 houres, and if the paine be not gone at first, apply it again.

For a Consumption.

Take a Leg of Veal, cut away the fat, and take a red Cock, scald him, and wash him clean, then let the Cock and Veal lye in water the space of three houres, seeth them with two pottles of fair water, and scum it clean: as the fat riseth, take it off, and seeth it till half be consumed, then put in a pottle of the best Claret wine, and let it seeth together till it come to a quart, clarifie it with three or four whites of Eggs: let it run through a Jelly bag, then set it on the fire again, and put to it of Sugar a pound, let it seeth a little, then drinke of it warm three or four spoonfuls at a time, as often as you please.

For the Green sickness.

Take an Orange, cut off the top, and pick out some of the meat, then put therein a little Saffron, roast it gently, when it is roasted, put it presently into a pint of white Wine, keep it covered, and drink thereof fasting.

A speciall Water for all Sores.

Take of running water four pints, of Sage, Smallage, of each

each three handfulls, of Housleek a handfull and a half, seeth them together to the consumption of half, then strain it, take of Allum two ounces, of white Copperis an ounce and a half, of Camphire two drachms, beat all severally into fine poudet, put all into the water, and let it boyle a little, then put thereto of clarified Honie half a pint, and let it simper a while, then reserve it in a glasse close stopped.

Wash the sore therewith, and wet a cloth therein, and lay thereto; if it heal too fast, lay dry lint therein.

For the trembling of the Heart.

Take a spoonfull of the spirit of Tartar when you find your self troubled.

Or take *Lignum aloes, Ripenticum, Eupatorium*, red Sanders, of each two ounces, beat them, and boyle them in six pints of fair water till two pints be consumed; of the four pints that remain, being strained, make a Sirrup with Sugar, and while it is hot, put thereto of Saffron one scruple, of Ginger one drachm, of Musk two carets, Cloves, Nutmegs, of each a scruple and a half, keep it in a glasse close shut, take thereof a drachm at a time in a little Broth, or Burrage water, fasting.

For a Flux of the Womb.

Take Chalke finely scraped, stir thereof in whites of Eggs till it be thick, spread thereof on brown paper, and lay it on a Gridiron on the fire untill it stiffen a little, bind it hot upon the Navill.

Take Milk and set it on the fire, when it seeths, throw in a peice of Allum, which will turn it to a Posset, of the thin thereof, give a Glister in the morning, and at four in the afternoon.

A purging drink for superfluous humours, for Aches in the joynts, sinews, and for Agues.

Take Sarsaperilla, Sasafras, Polipodium, of each a handfull,

Hermodactiles the third part of an ounce, Licorice one ounce, cut and slice the abovenamed, and put them into a new Pipkin glassed, and having a cover, and put thereto five quarts of spring water, let all infuse four and twenty houres, then put thereto of Fennell seed two ounces, Raisins of the Sun stoned and picked four ounces, *Carduus benedictus*, red Sage, Agrimony, Maiden-hair, of each a handfull, put all into the Pipkin, and close it with paste, set it within a pan of warm water on the fire, and let it boyle two houres, then put thereto of *Sena* one ounce, let it boyle again half a quarter of an hour, and take it out, letting it stand covered two houres, then strain it without wringing, and keep it in a glasse or stone bottle.

You must take at a time half a pint in the morning, and fast one hour after, it will not purge in five or six houres, you may use it at any time in the year, but in extream heat, and in frosts.

A precious Eye-water for any disease of the Eyes, often proved.

Take of the best white Wine two little glasse fulls, of white Rose water half a pint, of the water of Selendine, Fennell, Eyebright, and Rue, of each two ounces, of prepared Tutia six ounces, of Cloves as much, Sugar rosate a drachm, of Camphire, and Aloes, each half a drachm.

The Tutia, is thus prepared.

In a Crusible (such as the Goldsmiths use) put your Tutia and with a charcoale fire let it be made red hot six severall times, and every time quenched in Rose-water and Wine mixt together; the last time cast the water away, and grinde the Tutia to very fine powder.

You must mix the Aloes with the water after this manner

Put the Aloes in a clean Morter, and pour upon it of the mixt waters, with the Pestill grinde it too and fro, and as it mixeth with the water pour it off, putting more water to it, till it be all dissolved.

T

To bring the Camphire to powder.

In a clean Morter beat one Almond, then put in the Camphire, and beat it to a fine powder, without which it will not come to a powder.

Likewise beat all the Cloves to a fine powder, then mix all together in a strong glasse, stop it close and lute it, that no air enter, and let it stand forty dayes and nights abroad in the hottest time of summer, and shake it well thrice a day.

The use.

Drop a drop of the water into the eye thrice a day with a black Hens Feather, the infirm lying on their back, and stirring the eye up and down.

If there be any thing grow upon the eye.

Take four drops of oyle of Amber rectified, and mix with half an ounce of the water, dresse the eye as before.

For any Ague.

Take a quarter of a pint of Canary Sack, put into it a pennyworth of oyle of Spike, a pennyworth of Sirrup of Poppyes, and one grain of Bezar, mingle these together, and let them stand infused all night, and exhibite it next morning to the Patient fasting.

For an Ague.

Boyle two ounces of Roch in a Pipkin, in a pint of Ale, about a quarter of an hour or better, then give the party grieved to drink of it pretty warm, some two houres before the fit cometh, about half of it, and what the party cannot drink at the first draught, let it be warmed against the second fit, and give it as before, after two houres be past, let the party drink as much posset drink as he can.

Another.

Take the quantity of a Wallnut of black Sope, and three times as much crown Sope, mix them together, then shred a pretty quantity of Rue, and half a spoonfull of Pepper finely beaten, and a quarter of a spoonfull of fine wheat flour, min-

gle

gle all these together, then take as much strong Beer as will make it spread upon a linnen cloth, whereof make two plaisters, and lay to each wrist one, and sow them fast on for nine dayes; this must be applied as the cold fitt beginneth to come upon them.

To make Pills to cleanse the backe.

Boyle *Venice* Turpentine in Plantain water, then take the Turpentine, and bray it in a Morter to very fine powder, take the powder and mingle it with powder of white Amber, powder of *Oculorum cancrorum*, and powder of Nutmeg, of each half a drachm: mix them up into Pills, and take three of them in a morning.

A Bath.

Take Mallow leaves, Violet leaves, Endive, Motherwort, Mugwort, Rose leaves, Lettice, Cammomill, Bay leaves; boyle of all these one handfull, in a sufficient quantity of pure running water, and set in the Bath about an hour, then goe into a warm bed and sweat awhile, and when you come out of your sweat, and are pretty cool, eat Strawberries and Sugar, this will clear the body and purifie the blood.

For the Cough of the Lungs, and defluxions.

You may take sometimes of Sirrup magistrall, of Scabious and of *Oxymell Jurisnizans*, of each one ounce, and of *Diacodium* half an ounce, and of Sirrup of *Diasetos* half an ounce; Mingle these all well together, and mingle with it also a drachm of pure flower of Sulphur finely searced; and take of this the quantity of a large Nutmeg three or four times in a day, at morning, an hour before dinner, an hour before supper, and last at night; it will cut the flegm, and carry it gently away, without any perturbation or violent trouble of coughing, and cause quiet rest.

To

To cause a woman to have her Flowers.

Take of Gladwin Roots about a handful, boyle them in Vinegar, or in white Wine till they be very tender, and after put this into a Vessel on the ground in a close stool, so that the woman may sit over it very close stopped, so that the heat may strike up into her body. This Medicine is reported never to fail, but to bring them down. But you must have a special care that no woman being with child have this Medicine administred to her.

For the Cough of the Lungs.

Take of Coltsfoot two handfuls, of Hyssop, and the tops of red Nettles, of each one handful, of Horehound, and Maidenhair, of each half a handfull, of Raisins of the sun, having their stones taken out three ounces, of Liquorice sliced half an ounce, and of Elecampane roots sliced one ounce, of Anniseseeds half an ounce grossly bruised, boil all these together in a gallon of water in an earthen Pipkin with a gentle fire, till the third part be boyled away, then strein it, and take a quart of the decoction, and put to it two ounces of Sugar-Candie beaten, and let it boil a little over the fire again, till the Sugar Candie be melted, then take it off the fire, and put it up into a glasse close stopped, and drinke of it three or four spoonfuls morning and evening so long as it lasteth, a little warmed.

For Cramp or Numnesse.

Take a penniworth of Saffron, put it into a little bag, then put it into three ounces of Rosewater, and stir it well in the Rosewater, then take four penniworth of Camphire, and infuse that in the Rosewater, and being so infused and mixed, chafe the place with it warm, and smell to it, as he bathes the place.

For

For a Cough, Winde, and a cold Stomack.

Take four ounces of good Annise-seed water, mingle it with one ounce of spirit of Mint, and dissolve it with two ounces of pure white Sugar candie, beaten into very fine pouder; set it upon a chafingdish of coals in a peuter dish, and when it beginneth to walm, burn it with a paper as you doe wine, stirring it well together with a spoon, then take it off the fire, and evening and morning, take a good spoonful of it first and last. It will comfort the stomack, and is good against cough and winde.

For a Cough and Consumption.

Take of Lungwort, Liverwort, Hysop, Violet, and Strawbrtie leaves of each one handful, Licorice sliced, and scraped, Annise-seeds, and Fennel-seeds, of each one penniworth a little bruised, a Parsly and a Fennel root clean scraped, pithed, and cut into small peeces, twelve figs sliced, four ounces of good great Raisins having their stones taken out; boyl all these together in a pottle of clear running water, till it come to three pints, then put into it two ounces of pure white hard Sugar, dissolve it upon the fire with the other decoction, then take it off, strein it, and drink thrice a day of it, that is in the morning, about four in the afternoon, and last at night, three or four ounces of it at a time, and it will asswage the drines and thirst, and open the obstructions and stoppings of the Liver and Spleen, and cause your Flegm to com away with more ease.

For a Cold Dropsie.

Take *Olibanum*, and rost it in a Fig, and apply it to their great Toe: But if they be swelled in their face or head; then take a new layd Egg roasted hard, take out the yolk, and put into the hole so much Cummin Seed as will fill it, and apply it as hot as it may be endured to the nape of the neck.

For

For the Dropsie.

Take a pottle of White or Rhenish Wine, an ounce of Cinnamon, and a pint of green Broom ashes, put them together in an earthen pot eight and forty houres, the Cinnamon being first bruised; stirre them all often, and then put them up into a white Cotten bag, and let the liquor drain out of them; put it up again twice upon the lees, and then use four times a day of it, drink it cold, in the morning, one hour before dinner, one hour before supper, and when you goe to bed, at each time drink a quarter of a pint; if the greif be not fully removed, use a second or third pottle so made up, but with most persons one pottle sufficeth.

For an Ague.

Take as much black Sope as a Wallnut, and three times as much crown Sope, and mingle them together, then shred about a pugill of flue, and put thereto half a spoonfull of Pepper very finely beaten, and with a quarter of a spoonfull of fine wheat flour, or as much as shall suffice; mingle all these together, then take as much strong Beer as will make it spread upon a linnen cloth, and make it up into two plaisters, and apply to each wrist one, and keep them fast on for nine dayes together; you must apply the plaisters just as the cold fit beginneth to come upon them.

Sweat is held by all experienced Phisitians, to be very good to cure an Ague; but they must be put into their sweat before the cold fit come upon them; you must use this twice or thrice before the Ague will be quite cured; and let them drink no other drink during their sweat but *Aqua vitæ* and small Beer mingled together, but you must not make it too strong of the *Aqua vitæ*.

To comfort and strengthen the Joynts and Sinewes.

℞. Of the flowers and seeeds of Saint *Johns* Wort three

 ounces,

ounces, steep them three dayes in sufficient Wine, and then seeth them in a brazen Vessell till the Wine be consumed, then strain them, and put to the straining as much of fresh Saint *Johns* Wort stamped, and steep it again three dayes, and afterward add thereunto, of Turpentine three ounces, of old Oyle eight ounces, of Saffron one scruple, of Mastick ℥. ß. of Myrrh, of Frankincense, *ana.* ℥. ii. ß, afterward put in the straining the space of a moneth, of the flowers and seed of Saint *Johns* Wort one handfull and half, of Madder brayed, of fine grain wherewith Scarlet is died, *ana.* three drachms, of the Juyce of Yarrow two ounces, seeth them to the consumption of the Juyce, with earth Wormes washed with Wine two ounces, and a little Wine odoriferous.

For obstructions of Liver and Spleen.

℞. Flowers of Burrage, Bugloss, Marigolds, Violets, Endive, of each a handfull, Dates stoned three ounces, of the best blew Currans two ounces, sweet Fennell-seed half an ounce, Graines and Corlander, of each one drachm, whole brown Wintercresses nine leaves, Hylop stripped downwards nine little branches, of french Barly three ounces; boyl all these together in a pottle of spring water till a third part be consumed, then strain it, and when it is strained adde of the conserve of Barberries three ounces, Sirrup of Lemons and of Quinces, of each three ounces, this is to be taken morning and evening, nine spoonfuls at a time.

The Flowers are to be had at the Apothecaries, dry all the year.

For the Palsie in the head.

For the Palsie in the head, take of the oyles, of Amber, Fox and Beaver, and mingle them together, and annoint the nape of the neck with them evening and morning, chafe it in with a warm hand, and chafing-dish of hot coales.

And take of the oyle of Amber alone, and with your finger put

put some of it every morning into your nose, and take two or three drops of it, and rub it into your head upon the mould thereof.

And take two or three drops of the same Oyle, and put it into your Beer or Ale for your mornings draught, especially at the change or full of the Moon, for four or five dayes together.

Be sure to keep warm, and avoid going abroad in rain, misty, or moist weather.

Oyle of Saint Johns *Wort for ache and pain.*

Take a quart of Sallet oyle, put thereto a quart of flowers of Saint *Johns* Wort well picked, let them lie therein all the summer, untill the seeds of that hearb be ripe, the glasse must be kept warm, either in the Sun or in water, all the summer untill the seeds be ripe, then put in a quart of Saint *Johns* Wort seeds whole, and so let it stand twelve houres, the glasse being kept open, then you must seeth the oyle eight hours, the water in the pot full as high as the oyle is in the glasse, when it is cold strain it, that the seed remain not in it, and so keep it for your use.

For the knitting together and strengthning of bones.

Give inwardly Knotgrasse, Plantain, or Ribwort water, with Sirrup of the greater Comfrey, to three spoonfuls of the water exhibit one of the sirrup, so often as they use it. There are also vulnerary Potions prescribed for this purpose in the Dispensatories.

For the Courses.

When you give *Oculos cancrorum* (truly called *Lapides cancrorum*) to provoke a womans Courses, you must give her almost a spoonfull of it, mixed with some water of Mother-wort, called *Artemisia*, causing her to drink a good glass-full

of the water immediately after it, the best time to exhibite it is to give it hot in the morning by four of the clock, and let her sleep after it, you must give it about those times she ordinarily expecteth her Courses; if you cannot get Motherwort water, you may use in stead of it Pennicoyall water.

You may dissolve your powder of *Lapidum cancrorum*, either with juyce of Lemons, or with distilled Vinegar, and spirit of Vitrioll; if you put a greater proportion of Vitrioll, then of the other, it will sooner dissolve, you need but cover it with the juyce or spirits, and after some few houres poure off the spirits from the powder.

A Cordiall excellent good for melancholy, paving and trembling of the heart, swounding, fainting, coldnesse, and rawnesse of the stomach, and also for many other greefs arising from a cold and moist complexion, often proved with happy successe.

Take of Saffron half an ounce, of Angelica roots finely sliced one ounce, of Cloves six drachms, Balm two handfuls, Rosemary tops four handfuls, thread the hearbs and roots, and beat the spices grosly, then put them, with half a pound of Sugar, into three pints of Small Cinnamon water, or of Small *Aqua vitæ*, and let them stand infused three or four dayes together, after boyle them, and let the *Aqua vitæ* burn, stirring them well together, till near a pint thereof be consumed away, then strain it, and when it is settled poure off the clear from the bottome, keep the clear for your own use, and reserve the bottome, which you may give away unto poor people, for it will be good and comfortable, though not so strong: The way to use it, is to take every morning fasting a spoonfull, and after every meal, at each severall time, a spoonfull.

A sudden way to make up this excellent Cordiall.

Take of the best of Doctor *Mountfords* water, } *ana.* ℥. iii.
Of very good Angelica water }

Of

Of Clove water,
Of Rosemary water,
Of Balm water, } and ℥. iiii.
Of spirit of Saffron ℥. ii.

Mingle all these together, and with as much sirrup of pure Sugar as shall suffice mingled, make it up, and put into either of those two Medicines, of Musk and Ambergrease, of each a grain. Both these are excellent Cordials for all the greifes before rehearsed.

Pills to purge flegm and Wind.

Take of the best Aloes succotrina nine drachms, of Rubarb, Jallop, and Agarick, of each six drachms, of Mastick four drachms, of red Rose leaves three drachms, let all these be beaten severally into very fine powder, and scurced, then mix them well, and beat them up into a paste, with sirrup of damask Roses as much as shall suffice, at the end add unto it twenty drops of oyle of Anniseeds: when you have occasion to use these Pills, take about two scruples thereof for one dose made up into three Pills.

For the Gout.

Take of new extracted Honey two spoonfuls, a pennyworth of red Nettle seeds finely bruised, mingle them well together, and apply it to the Gout: Let the party drink every third day for a sevennight in the morning in his bed half a pint of new Milk of a red or black Cow.

For the Gout, My Lord Denni's *Medicine.*

Take Burdocks leaves and stalks, cut them small, and stamp them very small, then strain them, and cleanse them, and when you have so done put them into glasses, and put pure oyle of Olives a top of them, and stop it close from the air, and when you would use it for the Gout, poure it into a porrenger and warm

warm it, and wet linnen clothes in it, and apply it warm to the greived place, warming your clothes one after another, as they grow cold that are on.

Another, very good for the Gout.

Take the Yest of Ale, and spread it upon brown paper, and apply it upon the greived place pretty warm, the space of twelve houres: some first warm the pickle of Olives, and then bath the greived place therewith, putting their feet into it, and after use the former Medicine.

My Lord *Denni's* Medicine must not be taken till three dayes after the change of the Moon, then after it must be taken six dayes together, then six dayes before the full it must be taken twice a day.

To stay the Courses when they come down too violently.

Take half a drachm or a drachm of *Diascordium*, dissolve it in a drachm of posset Ale, wherein formerly hath been boyled half a handfull of Shepherds purse, and as much knotgrasse, and of the greater Comfrey, and drink thereof a good draught at a time morning and evening.

For the Whites.

Take a quarter of a handfull of white Archangell, Plantain, Sheaphards purse, and of the greater Comfrey, of each half a handfull, of the hearbs Horse-taile, and Carr-taile, of each half a handfull, boyle all these in two quarts of Milk till half be consumed away, then strain it, and sweeten it with good white Sugar Candy finely beaten, and drink of it twice a day for ten or fifteen dayes together.

To keep the body soluble, and to purifie the blood.

Take Maydenhair, wild Germander, wood-Sorrell, and Balm,

Balm, of each a pugill, of wild Mercury half a handfull, of damask Roses two handfuls, of clarified Whey six pints, let it stand scalding hot for an houre stirring it sometimes, after an hour is past strain it, and drink it twice or thrice a day a good draught of it; and if you wash your hands in Beef broth after your taking it, it will take away all roughnesse and haires of the hands, it may be taken safe of a woman with child

For the green Sickneſſe, or yellow Jaundies.

For cure hereof first purge universally with this or the like purgation. ℞. of *Hiera picra* four scruples, of Rubarb, and Trochisces of Agarick, of each half a drachm, of rasped Ivory, and Hartshorn, of each half a scruple, of Cinnamon six graines, of Saffron four graines, of *Diacarthaticon* half an ounce; infuse these things in the Whey of Cows Milk, or in the distilled water of *Alkekengie*, or in Dodder water, or Endive water, you may adde *Oxymell* thereto.

An Electuary for the green Sickneſſe.

Take of *Diatrion ſantalon*, and *Diarrhodon abbatis*, of each one drachm, of *Diacurcuma*, and confection of *Alkermes*, of each half an ounce, of *Diamargariton frigidum*, and *Calidum*, of each two drachms, of rasped Ivory, and Hartshorn, of each one drachm, of all these make an Electuary, and give it evening and morning by it self, or with Dodder or Endive water, the dose is one drachm, *pro tempore uno*.

An excellent Powder for the green Sickneſſe.

℞. four scruples of Gentian made into fine powder, of rasped Ivory, and Hartshorn, of each two scruples; make these into a fine powder, and give a spoonfull thereof with white Wine, or the like, as [illegible]

Another

Another Medicine.

℞. Three or four spoonfuls of flemish Madder, boyle it in two quarts of white Wine, with a peice of Sugar, to the consumption of half of it, strain it, and let the Maiden drink thereof morning and evening a good draught warm, and walk, or use some exercise to heat the body, but take no cold; use this for eleven or twelve dayes together.

A singular purging Potion against the green Sickness, and all opilations of the Liver, and causeth young Maids to look fresh, and fair, and cherry-cheek'd, and will bring down their Courses, the stopping whereof causeth this greif, and is good against all manner of itch, scabs, breaking out, and mangines of the body, purifying the blood from all corruption.

℞. Of the roots of Monkes Rubarb, that is red Dock, and of red Madder, *ana.* half a pound, of Sena four ounces, of Anniseseed, and Licorice, of each two ounces, of Scabious, and Agrimony, of each one handfull; slice the roots of Rubarb, and bruise the Anniseseed and Licorice, break the hearbs small, and put them all into a pot with four gallons of strong Ale, and infuse them all the space of three dayes, then drink of this drink, for your ordinary drink, for three weeks at the least, the longer the better, and make new as need requireth; it cureth the Dropsie, and yellow Jaundies also, if you put in of Cammomill one handfull.

For the green Sickness, or Jaundies.

℞. Of white Briony root sliced half an ounce, boyle it in a pint of Ale gently a quarter of an hour, and drink a good draught thereof, and sweat, and in your sweat drink it all, or as much as you can, the next day make new and drink again, but without sweating, and use some exercise to keep the body warm; use this last order twelve dayes together, use

good

good Cordials and Restoratives, with sirrup and conserve of Fumitory.

For the green Sickness, and Jaundies.

Boyle of Rue, and Sage, of each a bundle, in a quart or three pints of Ale, with one scruple of Saffron.

To cure this disease, the Electuary of Steel is excellent, if the body be first purged, for it doth open all obstructions: but the Patient must use some exercise after the taking it, to stirre up naturall heat the better; the dose is half an ounce at a time to take of it.

The Steel for the Electuary is thus prepared.

℞. Of the filings of the best Iron, or Steel, as much as you please, grinde it subtilly and finely, upon a Porphiry, or red Marble stone, with Vinegar, then dry it at the Sun, or at the fire, and grinde it again with Vinegar as at the first, and doe thus seven times one after another, and thus you have the Steel prepared fit for you.

The Electuary of Steel is made up thus.

℞. Of the filings of Steel so prepared half an ounce, Cinnamon, Nutmegs condited, of each three drachms, of chosen Rubarb two drachms, of the species of *Aromaticum rosatum* half a drachm, of chosen Honey, and of fine white Sugar, of each one pound and one ounce; mingle these all together over a soft fire, and make it up into an Electuary. After the taking of this Electuary, let the Patient in all cases use some bodily exercises, being first universally purged, for this Electuary is most excellent against all obstructions of the Liver, Spleen, or other disease, and for the green Sickness.

For the green Sickness, or green Jaundies.

The green Sickness, or Jaundies cometh of yellow choller,

mixed with corrupt or putrified flegm, and corruption of bloud, debility of nature, and faintnesse of heart; it happeneth also when the Liver is weakened that it cannot convert the nourishment into bloud, but the digestion is raw and crude, so that the whole body is filled with water and flegm instead of good bloud; it is cheifly found in young Maidens, who desire to abate their fresh colours, and, as they conceive, to be fine, and fair, and foolishly feed upon trash (which altereth the colour and state of their bodies) as of unripe Apples, Peares, Plums, Cherries, and raw Fruits, and Hearbs, or Meale, Wheat, Barly, raw Milk, Chalk, Lime, and the like, and they that have this disease are very pale and greenish; if they chance to cut their finger, no bloud, but water, will follow; they feele great pain in their head, with continuall beating, are faint, short-breathed, and their naturall Flowers are stopped and stayed, to the prevention and cure whereof, the body must first be well and orderly purged, as by the Medicines before prescribed.

FINIS.

The Table for the Child-Bearers Cabinet.

WHat things are to be taken heed of in the two first Moneths page 1
Orders for the third moneth 2
From the fourth moneth 3
From the fifth, sixth, and seventh moneth ibid
In the eighth moneth 4
In the ninth moneth 5
A Liniment 6
The Fomentation ibid
The Bath 7
Suffumigations of the Genitals to facilitate delivery ibid
What meat is most usefull 8
What manner of Chamber the woman with child should lye in ibid
What is to be done at the Birth ibid
How and wherewith the child-bed womans bed ought to be furnished 9
To whom the seat may agree and be fit ibid
What the Midwife shall doe in the very moment of the Birth ibid
What to be done when the Infant is come into the world 10
If the Secundines break not readily 11
What is to be done after the child is born, if yet the Secundine, or after-Birth be retained ibid
Another approved Remidie for drawing them forth 12
Another Receipt ibid.
To draw forth a dead child ibid
How the bellies of Child-bearing women, being costive or bound, may be loosned 13
What things are to be applyed to the naturall or Secret Parts ibid
The Fomentation ibid

Another 14
An Ointment ibid.
A Girdle for the Belly ibid.
The order from the seventh day after the woman is brought to bed 15
On the eighth day ibid.
On the ninth day ibid.
A Liniment to scatter and disperse the Milk ibid.
When, and whath Bath they must use 16
Another 17
Against the gripings of the belly in Children ibid.
Outward Remedies for the same ibid.
Inward helps in their meats ibid.
A Drink ibid.
The government of the Nurse 18
The Care of the Infant 19
A Bath of sweet water very profitable for Children, as by whose meanes they may grow up and increase 20
The diseases of Infants 21
The diseases and symptomes proceeding from the birth in women with child ibid.
Against the Rupture of the Cods, and perinæum, *and the part betwen the rising of the Teard and the Fundament, which proceedeth from difficulty of bringing forth* 22
For windinesse, or Collick of the Belly 23
For the Itch ibid.
For the Flax of the bloud 24
For falling down of the Matrix from the birth ibid.
For the Piles after the birth 25
Against pain of the Breasts contracted by too much Milk ibid.
For the Impostheme of the Breasts ibid.
What is to be administred to the Child after it is born, for the first thing it taketh 27
For Infants troubled with wind and flegm 28
A most excellent Medicine to cause Children to teeth easily ibid.
For Agues in Children ibid.
For Wormes in Children ibid.
For Heart-Wormes 29

The Cure ibid.
To cause a young Child to goe to stool ibid.
Another certain Experiment. ibid.

The Table of the Cures for severall Diseases.

FOr Ach in the bones 33
For all Aches, and lame Members ibid.
An Ointment for all Aches which come from cold causes, shrunken Sinewes, straines in man or beast, it is incomparable, and will keep forty yeares, but it must be made onely in May 34
To counterfeit beyond-Sea Azure ibid.
To know good Azure *and pure* 35
For an Ague ibid.
For a Tertian, or a double Tertian Ague ibid.
For a short Breath ibid.
An Electuary for the shortnesse of Breath. 36
For a Bruise or Squat ibid.
A Restorative for the back 37
For Aches in the Back ibid.
For bleeding at the Nose ibid.
For burning or Scalding ibid.
For a Cough of the Lungs 38
For purging of Colds, Coughs, and Comforting the Lungs ibid.
A Julep for a Cough 39
Another ibid.
For a Canker in the Mouth ibid.
For a Consumption and Cough of the Lungs 40
For Collick, and paines in the Back ibid.
For the Cramp 41
For a Canker ibid.
Another ibid.
For a Canker in the Lips ibid.
A water for a Consumption ibid.
For the Cough 42

For

For a Cough or shortness of Breath ibid
For a Consumption ibid
For the Dropsie 43
Another ibid
For pains in the Eyes ibid
For sore Eyes by salt Rheum ibid
To clear the Eye-sight 44
For the Flux ibid
Another 45
For the bloudie Flux ibid
Another for the same ibid
Another for the same 46
Another for the same ibid
An Ointment for the Flux 47
For all Fluxes of blood, and other Fluxes, pains in the back or Lioyr, and for inward effects ibid
A Powder for the Flux 48
A Clyster ibid
For Morphew, or Scurf of the face or Skin ibid
To blanch the Face ibid
To make the Skin smooth. 49
For the Morphew and Freckles ibid
For the Gout, or Ache in the joynts ibid
For the Gout or Bone-ach ibid
For the Gout, or Joynt-ach 50
For the Gout ibid
For the Gout or Bone-ach ibid
Hermes Tree ibid
A Plaister to help any Stitch, or Impostbume wheresoever 51
For an Impostbume of the Stomack ibid
A good Oyle to bring in Joynts that have been out for the space of seven years, to give strength to veins and sinnews, and to keep them brought in, in their places ibid
For the black Jaundies 52
Another for the same ibid
To make Hartshorn Jelly. 53
For the yellow Jaundies. ibid

Another

Another for the same ibid.
For a lame Leg 54
For the same ibid.
For chopt Lips 55
A Drink for the Cough of the Lungs, and Consumption ibid.
To make a Laxative Whey ibid.
A good Laxative for a Child ibid.
To cause Loosenesse. 56
For a costive by burnt Choller. ibid.
For Rheume procuring a Cough of the Lungs ibid.
A Drink for the Cough of the Lungs 57
A cooling Almond Milk ibid.
A Water to restore Nature ibid.
To restore Nature consumed 58
For the French Pox ibid
Another 59
Another ibid
A Posset good in all cold Agues, or Pestilentiall Diseases. ibid
The Plague Water 60
An Antidote against the Pestilence, by Dr. *B.* ibid
For the sinking Pulse 61
Another ibid
To restore lost Speech ibid
To restore speech to an Apoplettick ibid
A Restorative Electuary ibid
A Restorative good in all diseases 62
For the Rickets ibid.
Doctor Vanbecks *Rosa Vita* 63
A Sear-cloth for divers causes. 64
For the Stone 65
For the Stone, Strangury, and Collick ibid.
For the Stone in the Bladder ibid.
To break and drive out the Stone ibid.
To cause Urine, and break the Stone ibid.
For the Stone 66
For the Stone in the Reines and Bladder ibid.
A Posset for the Stone 67

For the Spleen
Another ibid.
For Swelling of Armes, Legs, and Feet ibid.
For Sinewes, and Nerves, cut asunder ibid.
For Bruises, or streined Sinewes 68
For shrinking of Sinewes ibid.
For Sinewes shrunk, and to supple impotent Limbs ibid.
To cure an old Sore. 69
For the Scurvy ibid.
To cool the Skin, and heal a Sore ibid.
To help paines in the Stomack 70
An Ointment for the Stomack ibid.
For the pricking of a Thorn ibid.
To draw a Thorn or Splinter out of the flesh 71
For the Tooth-ach ibid
To keep Teeth white, and kill the Worms ibid
To take away a Wen ibid
ibid

A Table for the Treatise concerning the Plague and Small Pox.

WHat the Plague is
Cause of the Plague ibid
Warnings of the Plague to come 3
How to prevent the Plague 4
A good perfume in Summer season 5
A good perfume in Winter Season ibid
An excellent good preservative against the Plague 6
Another preservative ibid
Another very good 7
An Excellent Quilt or Bag 8
Another Bag ibid
A Pomander good in the Summer time 9
Another for the Winter season ibid

A good Nodule for the Summer season ibid
Another Nodule for the Winter season ibid
A Nosegay for the same purpose 10
A Suppository ibid
A good Clyster 11
How to make Raisins laxative ibid
A good Ointment to keep one soluble ibid
Good Pills to keep one soluble, and they doe also resist the Pestilence 12
Pills good to purge 13
A good purging Potion ibid
A Purging powder for such as cannot take Pills 14
Fluxes stopt, how to provoke them ibid
Issues commended against the Plague ibid
What diet we ought to keep 15
What for your Pottage you may take in the Summer 16
What exercise and Order is to be kept 17
What Orders Magistrates and Rulers of Cities and Towns shall because to bee observed 18
What you must doe when you go to visit the sick 19
The signs of the Infection 21
Good signs ibid
Evill signs ibid
The means how to cure the Plague 23
An excellent Powder to expell the Plague 26
Another good powder ibid
A good Opiat to expel Venome, and to provoke sweat 27
Another excellent good means for the same ibid
An excellent good water against the Plague, and divers other diseases, which is to be made in May or June 28
Directions what the Patient must doe after the taking of the Cordiall ibid
A good defensative Ungnent 29
Epithemation ibid
Another ibid
A Quils for the Hears 30
A Cordial Julip ibid
Another ibid
A Julip to quench thirst 31

A Julep to quench thirst, and to resist Venemositie 32
A good purgation in a strong body 33
Another in a plethorick and full bodie ibid
A good purgation for a weak bodie ibid
Another gentle purgation 34
A good Cordial to be taken after Purging ibid
Another good Cordial to be given where great heat is ibid
A good Cordial Potion ibid
What Symptoms often chance, and the manner how to help them 35
For lightnesse of the head through want of sleep ibid
An Ointment to provoke sleep ibid
For raving and raging ibid
A good Sacculus for raving and raging 36
An Aphtham to help it ibid
A good Gargarism for the mouth ibid
Vomiting extreamly how to help it ibid
A good Bag for the Stomack 37
Fear, or vexing to stay it ibid
Flux how to stop it 38
Epithemation for the heart ibid
The generall cure of a Botch when it appeareth outwardly 39
A good Maturative ibid
Another ibid
Another where no Inflammation is 40
A Digestive ibid
A Digestive Cataplasm ibid
How to bring the Botch out that lieth deep within the body & flesh ibid
A good Maturative Cataplasm ibid
Another ibid
Another which is soonest made ibid
A Vesicatorie ibid
When the Botch will not come to Maturation, but continueth wayes hard 39
An Epithemation ibid
A Digestive ibid
What is to be done when the Botch strikes in again ibid
How to draw a Botch from one place to another, and so to [illegible] ibid

him without breaking. ibid
Epithemation 45
How to know a Carbuncle or blain, as also the cure of the same 46
The cure of the Carbuncle 47
A Maturative Cataplasm ibid
Mundificative Anodines ibid
Another Mundificative ibid
When the Carbuncle doth come with great pain and Inflammation 48
A Bag good against it ibid
A Cataplasm 49

The Table of the Treatise concerning the Cure of the Small Pox.

What the small Pox and Measels are, and whereof they proceed 50
What the Measels or Males are 51
The cause of the Pox and Measels ibid
To know the signs when one is infected, as also the good and ill signs in the disease 52
How to know of what humours this disease cometh 53
How to cure the Measels or small Pox 54
A Clyster 55
How to preserve the eyes ibid
What is to be done when the Pox or Measels are slow in coming forth 57
Another good drink to expell the Pox or Measels ibid
Epithemation for the heart 58
How to quench the thirst ibid
What is to be done when all the Pox are come out ibid
When the Pox, after they be come out, doe not grow to maturation, how you shall help it 60
How to help ulceration ibid
A very good Unguent for the same purpose 61
For extream heat and burnings in the soles of the feet, and palms of the hands ibid

For to help the sorenesse and ulceration of the mouth ibid
For inflammation, and pain in the tonsils and throat 62
Another ibid
How to open the eye-lids that are fastened together with the Pox ibid
A good Collary for a Web, or Ungula *in the eye* ibid
How to help divers accidents which chance after the Pox are cured and gone 63
For redness of the face and hands after the Pox are gone ibid
For spots in the face remaining when the Pox are gone ibid
A good Ointment for the same purpose 64
For holes remaining when the small Pox are gone ibid
Running of the Eares how to help it ibid
For stopping of the Nostrils to help it 65
For hoarsenesse remaining when the Pox are gone ibid
For filthy and moist Scabs after the Pox are gone. ibid

The Table of the additionall Observations.

A Preservative against the infection of the Air and Plague, often approved by Pope Adrian, *and many other of great rank and quality* 97
A Cordiall water against the Infection ibid
Severall opinions against wearing of Arsenick Amulets, as Preservatives against the Plague. 98
Causes of the Plague 100
Signs of the Plague 101
How the infection of the Plague entreth into a man ibid
The cure of the Plague 102
Another 103
Another ibid
Another ibid
Another for Botches, Boyles, and Tokens 104
Experiments for the cure of the Plague 105
Another approved Remedy ibid
A sweating Powder ibid

The Table of the cure of Diseases in remote Regions.

The Calenture 106
To know the Calenture ibid
To cure the Calenture ibid
The Tuberculla 107

To know the Taberdilla
The cure of the Taberdilla
The Espinlas
To know the Espinlas
To cure the Espinlas
Camera de Sangre
The cure of the bloody Flux
The Erisipela
To know the Erisipela
To cure the Erisipela
The Tinoso or Scurvy
To know the Scurvy
Preservatives against the Scurvy
To cure the Scurvy
Sennertus his Observation of the Scurvy
A water to make a man see within forty dayes, though he have been blind seven yeares before, if he be under fifty yeares of age
For the Web in the eye
For the Wind in the side, that maketh the head swim
Against Deafnesse
Contra lupum venies super oculum aut pedem
Pro Cancro & lupo
Pro oculis
For bleared eyes
Cornes
Apostems
For a cold Stomack
For the pain of the Stomack
For wind, or gnawing in the belly
For the small Pox
For a streak in the eye
Bloudshed in the eye
Pro oculo & aure
For a venomed Sore
To make a Swelling break
For the Squinsie
For biting of a mad Dog
To break a Botch

For gnawings ibid
To increase Milk ibid
If Milk be thick ibid
A Salve for Botches, Wounds, and Sores ibid
Venena 119
Pro auribus ibid
Caput-purgium ibid
For the bloudy Flix ibid
For Stomack Wormes ibid
For a Felon ibid
For the Reins of the Back ibid
For them that cannot goe upright for pain in their Back, and Reines 120
For the Stitch ibid
For the Stitch in the side ibid
To heal Wounds ibid
For swelling of Joynts ibid
To knit Sinewes, or Veines, that are kickt or broke ibid
Ut virga hominis nunquam erigatur ibid
Verrucæ, Porri, ficus 121
For Cornes ibid
For Warts ibid
For a Wound that bleedeth inwardly ibid
If men have any blond within them of any hurt ibid
Aqua pro scabie, tumore, & pruritu ibid
An vulneratus vivat, vel non [illegible] ibid
To destroy an Imposthume, or what place soever it be ibid
For Warts 122
[illegible] ibid
Unguentum *Dialabaa* optimum pro podagra ibid
For the Collick and Stone ibid
Aqua propter ulcera & malum mortuum ibid
Aqua pro ulceribus ibid
Capitis dolor 123
For Bones broken in a mans Head ibid
Capitis dolor ibid
Corvi albi ibid
Ebrii ibid
Acetum ibid
Fistula ibid
Pro virga virili combusta cum muliere ibid
Contra exitum ani ibid
Contra fluxum 124
Plaister of Paris ibid
An virgo corrupta ibid
Ut dens cadat ibid
Pro cumbusto cum muliere ibid
A Drink that healeth all Wounds without any Plaister, or Ointment, or without any taint most perfectly ibid
Unguentum genistæ ibid
Unguentum Augustinum *is good for all sore Legs that be red and hot* ibid
Unguentum viride *is good* pro erectione virgæ, *and for the* Mormale, *an Ointment worketh stronger then this* 125
Unguentum nigrum *for Wounds, heating and burning* ibid
Unguentum Rubrum ibid

Contra

Contra Vomitum ibid
Fluxus sanguinis narium ibid
Contra Sciaticam 126
Freckles of the face ibid
To know if a man be a Leper or no ibid
For ach in the loins ibid
For a scald head ibid
Ad ornatum faciei ibid
If the Liver rot ibid
For stopping of the Pipes ibid
Two more of the same 127
The Plague Water ibid
A Cordial water good for the Plague, Pox, Measels, all kind of Convulsions, Fevers, and all pain of the stomack ibid
For a child that hath the Ague 128
For a burning Fever ibid
For the Jaundies black or yellow ibid
To bring down the flowers 129
To stay the flowres ibid
For the Mother ibid
For the stone ibid
For a cold, cough, Ptissick, or any defect of the Lungs ibid
For a Stitch 130
For a Consumption ibid
For the green sickness ibid
A speciall water for all Sores ibid
For the trembling of the heart 131
For a Flux of the wombe ibid
A Purging drink for superfluous humours, for aches in the joynts, sinews, and for Agues ibid
A precious eye water for any disease of the eyes, often proved 132
Tutia *is thus prepared* ibid
You must mix the Aloes with the water after this manner ibid
To bring the Camphire to powder with the use 133
If there be any thing grown upon the eye ibid
For any Ague ibid
To make Pills to cleanse the back 134
A Bath ibid
For the cough of the Lungs and defluxions ibid
To cause a woman to have her flowres 135
For the Cough of the Lungs ibid
For Cramp or numnesse ibid
Fir a Cough, Wind, and a cold Stomack 136
For a Cough, and a Consumption ibid
For a cold Dropsie ibid
For the Dropsie 137
For an Ague ibid
To comfort and strengthen the joynts and sinews ibid
For obstructions of Liver and Spleen 138
For the Palsie in the head ibid
Oyle of Saint Johns-wort for ach and pain 139
For the knitting together and the strengthning of bones ibid
For the Courses

Another for the Gout 142
To stay the Comses when they come down too violently ibid
For the whites ibid
To keep the body soluble, and to purifie the bloud ibid
For the green sickness, or yellow Jaunice 143
An Electuary for the green Sickness ibid
An excellent Powder for the green Sickness ibid
Another 144
A singular purging Potion against the green Sickness, &c. ibid

FINIS.